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Hafa Adai!

Saipan Tribune

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PALACIOS ON NUCLEAR WEAPONS IN MARIANAS

'I'm not sure how we address this'

By KIMBERLY B. ESMORES
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REPORTER

A group of concerned CNMI residents have written to Gov. Arnold I. Palacios about concerns regarding Guam Gov. Lou Leon Guerrero's statement "in defense" of nuclear weapons in Guam. However, according to Palacios, he has not seen these comments and does not know how he would address the issue.

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Moses Cabrera pleads not guilty for brother's death

By CHRYSTAL MARINO
chrystal_marino@saipantribune.com
CORRESPONDENT

Cabrera

After an alleged confession that had factored in his arrest, Moses Pangelinan Cabrera is now pleading not guilty to all charges against him in the death of his brother Pedro Pangelinan Cabrera.

The 78-year-old Cabrera appeared before Presiding Judge Roberto Naraja yesterday morning at the Superior Court in Susupe for an arraignment hearing, his

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SAAR opens Chalan Kanoa Rehabilitation Center

RACQUEL FLOYD

Dignitaries pose during the ribbon-cutting of the Substance Abuse Addiction & Rehabilitation Program's Chalan Kanoa Community Outreach Partnership Program Office yesterday in Chalan Kanoa. From left, Saipan Mayor Ramon B. "RB" Camacho, Rep. Vicente Camacho (D-Saipan), SAAR special assistant Diego Sablan, Rep. John Paul Sablan (D-Saipan), Rep. Manny Castro (D-Saipan), Drug Court Judge Teresa Kim, Sen. Corina Magofna (D-Saipan), Gov. Arnold I. Palacios, Lt. Gov. David M. Apatang, and Senate President Edith DeLeon Guerrero (D-Saipan),

By RACQUEL H. FLOYD
raxfloyd@gmail.com
CORRESPONDENT

Substance Abuse Addiction & Rehabilitation Program yesterday held a ribbon-cutting ceremony for the Chalan Kanoa Community Outreach Partnership Program Office. The event coincided with seventh anniversary of the Hinemlo O'hala Para Enteramenti Recovery Center.

Present during the event were Gov. Arnold I. Palacios,

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CEC certifies election petitions

KIMBERLY B. ESMORES

The Commonwealth Election Commission board of directors met yesterday to officially certify all 61 petitions submitted for the upcoming 2024 general elections.

By KIMBERLY B. ESMORES
kimberly_esmores@saipantribune.com
REPORTER

The Commonwealth Election Commission board of directors have officially certified all 61 petitions submitted for the upcoming 2024 general elections.

Yesterday, the CEC board of directors had a board meeting to discuss matters to include preparations for the upcoming Nov. 5 general elections.

See CEC on Page 4

INSIDE

LOCAL

With public schools opening today, Aug. 20, the CNMI Department of Public Safety would like to advise the public that DPS will be enforcing measures to ensure a safe and secure environment for students, teachers, staff, and the community.

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LOCAL

Beijing weaponized tourism to the Pacific archipelago of Palau over its allegiance to Taiwan and its accusations that China was behind a major cyberattack there, President Surangel Whipps Jr. told The Associated Press.

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WORLD

Ukrainian President Volodymyr Zelenskyy said Sunday the daring military incursion into Russia's Kursk region aims to create a buffer zone to prevent further attacks by Moscow across the border.

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Local

IslandHer Rising unveils college and career prep fellowship

By CHRYSTAL MARINO
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CORRESPONDENT

IslandHer Rising, in partnerships with the CNMI Public School System, is launching the IslandHer College and Career Prep Fellowship this school year.

Founder and CEO Mia Sablan said the 501c3 nonprofit was formed in January this year and aims is to empower young and aspiring Pacific Islander women by providing educational and financial resources, create a pathway for careers, and enable young individuals to nurture their leadership potential. She said their vision is to see these women rise as confident leaders and transform communities through higher education and impactful leadership.

Sablan said the IslandHer College and Career Prep Fellowship is a developmental program for incoming 10th to 12th grade students that is launching this school year at Marianas High School, Saipan Southern High School, and Kagman High School.

"The different components of the fellowship program consist of monthly coaching, which will be somewhat of a mentorship between our team and our IslandHer fellows. It'll be personalized as we will be checking in on our fellows, making sure that we come up with a strategy to help them pursue their academic and career goals, whether that includes assisting them in securing scholarships before graduation, trying to determine what areas they may need to work on, or to become a more competitive applicant for an undergraduate institution, and more along those lines. It's a very personalized approach that we are taking with our monthly coaching because it is one-on-one," said Sablan.

Sablan

Along with coaching and learning, the group will also incorporate a networking approach via its virtual Luncheon Series Panel.

"We are coordinating this with the high school staff, specifically for our fellows. We will be inviting accomplished Pacific Islanders from near and far, which I think is unique because we're coordinating it on a virtual platform. During these sessions our fellows will be able to meet and ask questions and just learn and receive guidance from these accomplished Pacific Islanders."

To be eligible for the IslandHer Colleges Career Prep Fellowship the participant must identify as a Pacific Islander female or identify as female who is currently a permanent resident of the CNMI or a Pacific island.

As an IslandHer fellow, participants will receive exclusive benefits and tailored programming designed to help excel these young women in undergraduate applications and prepare them for a successful career ahead.

IslandHer fellows are selected through an application process for their demonstrated commitment to the mission and their strong desire to shape the future. Sablan said that the program is also designed to foster accountability, helping students stand out as strong candidates during the college application process, and ensure they feel confident within the support of the IslandHer community as they transition from high school to college.

Having faced her own challenges when she first entered college, Sablan said she wanted be able to help other young women so that they would have a better and smoother academic experience.

"Growing up on Saipan, I never realized the lack of resources until I officially moved to the mainland and started to see how other students within the university have been exposed to different resources and opportunities that wasn't available to us at the time. Opportunities that I wasn't exposed to growing up," she said.

Education Commissioner Dr. Lawrence Camacho applauded Sablan and the group for launching the IslandHer College and Career Prep Fellowship.

"I'm just happy to help in partner with her because I saw the value in what she's trying to do and anything that brings value to our students is of no self-interest to anyone here other than our students and if that's the case then we open our doors for those opportunities."

Clarissa Tudela, a board member of IslandHer Rising, said the IslanderHer College and Career Prep Fellowship is an invaluable investment in their children's future as it offers numerous opportunities to better prepare and equip them in navigating their college journey.

"As a mother of a current college sophomore, I've witnessed first hand the evolving nature of college preparation, especially for mainland universities."

She added that from scholarship apps available as early as sophomore year, to navigating state college or university portals, to managing the complexities of the application process (which can be costly), the path to college can be overwhelming.

"My daughter had the advantage of supportive resources and even went on college tours the summer before applying, yet the experience was still daunting. The fellowship provides essential insights through mentorship, resources, and development opportunities that empower our fellows with the confidence and tools they need to succeed. It's an incredible opportunity that no parent should hesitate to consider for their child, as it can make all the difference."

Applications for the IslandHer Rising College and Career Prep Fellowship are currently open and will close on Sept. 9, for the 2024 application cycle. Those interested may apply at the IslandHer Rising website https://www.islandherrising.com/ccp-application. The College and Career Prep Fellowship begins in October and continues until May of the next year. Fellows remain enrolled from their acceptance into the program until their high school graduation.

Hoffschneider opposes site of Oleai Sports Complex and Oleai Events Center

RACQUEL FLOYD

Liana Hoffschneider expresses her opinions regarding the Oleai Sports Complex and Cultural Events Center during the town hall meeting last Thursday at Civic Center, Susupe.

By RACQUEL H. FLOYD
raxfloyd@gmail.com
CORRESPONDENT

"It's the wrong place, and the wrong space," said Liana Hoffschneider as she voiced opposition to the construction of the $21.6-million Oleai Sports Complex and Oleai Events Center during the Indigenous Affairs Office and CNMI Office of Planning and Development's town hall meeting last Wednesday at the Katta Huda in Civic Center, Susupe.

"What I'm trying to say is whenever you guys are going to plan for the gym, for the cultural tourism, and for maritime tradition tourism, please this is not the right place. I'm telling you right now, it's the wrong place and the wrong space," she said during the public comment section following the IAO and OPD presentation.

She added that it's important to know the facts and history about the Civic Center Beach area including the Covenant that was signed 49 years ago.

"This whole property was reserved and we fought for this because we're not going to allow the federal government or the CNMI government to take this property away from that original intention. This is not my intention. It was people before me more than 40 years and I'm just carrying their wishes."

Pride Marianas chair Roberto Santos supported Hoffschneider by asking why is there a need to develop the Civic Center.

"This coast is one the most sensitive on the island. I don't know why we would be so foolish as to continue thinking about what we can do in this narrow space between Beach Road and this amazing environment," said Santos.

IAO resident executive Luella Marciano welcomed Hoffschneider and Santos' comments, saying a program of this magnitude requires the input of all stakeholders and the community's support is vital to the project's success.

"That said, the Indigenous Affairs Office did note the concerns shared by those present with regard to the noise pollution, parking areas, traffic congestion, land erosion, medicinal cultural practitioner's certification, and maintenance and management of the facility upon completion. We also noted the questions regarding the location of the project."

In a statement, OPD acknowledged the comments received during the town hall meeting and made clear that the Oleai Sports Complex and Cultural Events Center facilities development has been underway and that notices to proceed were issued to the contractors of the respective projects in March 2023. Currently the architecture and engineering design of the Oleai Cultural Events Center is 60% complete.

OPD also stated that the flyer and announcement for the town hall meeting could have been clearer in stating the intention was to gather just community feedback on the naming of the Oleai Cultural Events Center.

"We acknowledge that the flyer and announcement that was published leading up to the town hall meeting could have been more explicit in stating the intention of the meeting, as our hope was to collect community feedback on what the Oleai Cultural Events Center will be named once construction is completed. We've learned from this experience and are committed to ensuring clearer communication in the future to avoid any similar disconnects in messaging and intention. At the heart of the Oleai Sports Complex and Cultural Events Center facilities development project is the best interest of the CNMI's sports community, the CNMI's cultural advocates, and the public at large. We thank you all for your vested interest in these projects and value your engagement as we bring these projects to life."

OPD added that from before the NTPs were issued to now, OPD and its planning partners routinely engage with the stakeholders of both the sports and cultural sides to ensure that the projects move forward in an agreeable and timely manner. Second, it is OPD's position that ample opportunities were given to the public to collect their feedback on the Oleai Sports Complex and the Oleai Cultural Events Center and that the projects reflect the CNMI's values and needs.

Over 30 people attended OIA and OPD's presentation on the $21.6-million Oleai Sports Complex and the Oleai Cultural Events Center funded by the Economic Development Administration.

According to OPD, the budget of $21.6 million will be divided into two construction phases that are $9 million each for the sports complex and the event center. The Civic Center is the zone for the event center to be constructed and the construction of sports center will be across at the Gilbert C. Ada Gymnasium. The OPD representative also added that inflation and the COVID-19 pandemic have impacted the construction costs since 2018 when the grant was originally written.

"So that was quite a few years of increase and as everybody is aware of the massive inflation that we are continuing to deal with, the struggles that we've dealt with were the global pandemic, Yutu, and continued increase in construction costs," said the OPD representative.

The project was expected to start construction in 2025 and the grant was supposed to be completed on June 21, 2026, but due to the pandemic and other issues OPD is seeking an extension.

RACQUEL FLOYD

Indigenous Affairs Office resident executive Luella Marciano summarizes the comments raised during the town hall meeting.

RACQUEL FLOYD

Pride Marianas chair Roberto Santos, left, questions why there's a need to develop the space at the Civic Center. Seated on the left of Roberto is Indigenous Affairs Office resident executive Luella Marciano.

NORTHERN MARIANAS TRADES INSTITUTE (NMTI)

A Commonwealth of the Northern Mariana Islands Non-Profit Corporation

Articles of Dissolution

I, undersigned, being the Board of Directors of the Northern Marianas Trades Institute **(NMTI, the "Non-Profit Corporation")**, a Commonwealth of the Northern Mariana Islands corporation, pursuant to the Action and Consent of Board of Directors without a Meeting, contemporaneously executes, do hereby adopt these Articles of Dissolution, pursuant to 4 CMC § 4603:

a. The name of the Non-Profit Corporation is: Northern Marianas Trades Institute (NMTI).

b. The date of dissolution was authorized: August 15, 2024.

c. The Northern Marianas Trades Institute, a corporation, has been dissolved, and its business affairs and account have been closed,resulting in the termination of the corporation's legal existence.

JOSEPH T. TORRES
BOARD DIRECTOR
NORTHERN MARIANAS TRADES INSTITUTE (NMTI)

Commonwealth of the Northern Mariana Islands
Statewide Independent Living Council
"Yes I Can!"
P.O. BOX 501521, SAIPAN, MP 95950: TEL: (670) 322-6537/8 FAX: (670) 322-6536TTY: (670) 322-6449; E-MAIL: nmidir@ovrgov.net

PUBLIC NOTICE

Pursuant to 1 CMC §9910, the Statewide Independent Living Council will hold its FY 2024 Third General Membership Meeting on Wednesday, August 21, 2024– 10:00am - 1:30pm
Venue: Crowne Plaza Resort – Azucena Room
Interested individuals are welcome to attend.

AGENDA

I. Call to Order
II. Roll Call
III. Review and Adoption of August 21, 2024 Agenda
IV. Review and Adoption of SILC's FY'24 2nd General Membership Meeting Minutes of May 01, 2024
V. Reports
a. SILC Chairperson
b. OVR Director
c. CLI Director
VI. Old Business
a. Membership Updates (appointments/re-appointments)
b. Election of Fiscal Officer
c. NCIL Conference
VII. New Business
a. IL Core Services
VIII. Announcements/Miscellaneous
a. Next Joint SILC/SRC membership meeting.
IX. Adjournment

In compliance with the Americans with Disabilities Act (ADA), individuals who wish to attend the meeting but require accommodations such as large print or sign language interpreters are asked to call James M. Rayphand, OVR Director at 322-6537/6538 or email jimbo@ovrgov.net for necessary arrangements in advance before the meeting date.

/s/ **Nicolas DLC Torres, SILC Chairperson**

Publication of this notice is paid for by federal funds made possible by a grant from the U.S. Department of Health and Human Services, Administration for Community Living (DHHS/ACL), Grant #2301MPILSG.

DIVISION OF PROCUREMENT SERVICES
CNMI GOVERNMENT
INVITATION TO BID

ITB24-DCCA/CCDF-42400145

SUBMISSION DATE: September 28, 2024
TIME: 9:30 A.M.

"PURCHASE OF TWO (2) CLASS "E" VEHICLE FOR THE DEPARTMENT OF COMMUNITY AND CULTURAL AFFAIRS/CHILD CARE DEVELOPMENT FUND"

COPIES OF THE SPECIFICATIONS MAY BE OBTAINED MAY BE OBTAINED ON THE MUNIS VENDOR SELF SERVICE PORTAL AT (https://selfservice.dof.gov.mp/vss/) OR AT THE OFFICE OF THE DIRECTOR OF PROCUREMENT SERVICES, LOCATED AT BUILDING NO. 12386, ASCENCION DRIVE, CAPITOL HILL, SAIPAN, DURING REGULAR WORKING HOURS.

QUESTIONS REGARDING THIS ITB CAN BE MADE TO MS. MARIBEL D. LOSTE AT CHILD CARE AND DEVELOPMENT FUND, AT (670) 3664-2573 OR (670) 664-2590.

THE PROVISIONS OF THE CNMI PROCUREMENT REGULATIONS, NMIAC SECTION 70-30.3-725 AND 70-30.3-730 PROHIBITING GRATUITIES, KICKBACKS AND CONTINGENT FEES SHALL APPLY.

THE CNMI GOVERNMENT RESERVES THE RIGHT TO REJECT ANY OR ALL BIDS, OR PORTIONS THEREOF, AND WAIVE IMMATERIAL DEFECTS IF TO DO SO WOULD BE IN THE BEST INTEREST OF THE CNMI GOVERNMENT.

/S/ VIVIAN T. SABLAN
ACTING SECRETARY, DCCA

/S/ BRIEN S. NICHOLAS, JR.
ACTING DIRECTOR, PS

DPS releases traffic advisory for public schools opening

With public schools opening today, Aug. 20, the CNMI Department of Public Safety would like to advise the public that DPS will be enforcing measures to ensure a safe and secure environment for students, teachers, staff, and the community.

Increased police presence around schools will be deployed to monitor and manage traffic flow, and enforce speed limits to prevent congestion and accidents. Security checks will also be conducted regularly within schools. DPS asks the community to stay vigilant at school bus stops and motorist are asked to increase caution within pedestrian crosswalks.

In preparation, DPS has reviewed and updated emergency response plans and protocols, including drills to prepare for potential emergencies. DPS will also be monitoring social media and other sources for potential threats or safety concerns to students. The community is encouraged to report suspicious activity. As part of student safety education, DPS also asks the community and parents to educate their children on safety protocols, including stranger danger, cyberbullying, and social media safety.

As the Beach Road projects nears completion, DPS kindly asks for the public's patience and understanding. DPS anticipates increased traffic flow, including pedestrians along the roadways.

Motorist are asked to consider using alternate routes to reach their destinations, and anticipate a 20-30-minute delay in travel time. For residents of Dan Dan and As Lito, an alternate route is available via As Perdido and Martinez Road.

Significant congestion is expected on the northbound lanes within Beach Road Susupe to the traffic signal light by Atkins Kroll, throughout the day.

Between 7am and 9am, congestion is anticipated on the southbound lanes within Beach Road San Jose and Beach Road in Susupe.

To ensure safety and improve traffic flow, construction zone speed limits will be enforced, and officers will be stationed at major intersections. ***(PR)***

MOSES

From page 1

first appearance back in court after his preliminary hearing had been waived. During the court session he pleaded not guilty for charges of second-degree murder, voluntary manslaughter, aggravated assault and battery, and assault with a dangerous weapon.

Cabrera is scheduled to return to court for a 9am status conference on Sept. 16, 2024. He is expected to appear with court-appointed lawyer, Chief Public Defender Douglas Hartig. Chief Prosecutor Chester Hinds will represent the CNMI government. After the court session, Cabrera was handed back to the Department of Corrections.

According to court documents, Moses Cabrera had confessed to killing his 71-year-old brother, Pedro Cabrera, after a heated argument over their family land escalated into a physical altercation. Moses claimed that Pedro had threatened to stab him under a tree at their family compound. In response, Moses used a hammer to strike Pedro in the head, later disposing of his body at the southern side of the Garapan Fishing Base.

Court documents reveal that on Aug. 1, 2024, a Department of Public Safety officer responded to a report of an unconscious male at the Garapan Fishing Base. The officer found Pedro's body, and identified it because of the deceased's tattoos and other distinguishing features. Pedro's face itself had been unidentifiable due to severe injuries, with the forehead to nose cracked open, and the left eye sunk into his head which appeared to the officer like he was staring down a hole. Later the cause of death was confirmed to be severe head trauma.

Further investigation led officers to Moses' residence, where they discovered evidence linking him to the crime, including bloodstains, brain matter near the compound, and a hammer used in the attack. Surveillance footage also showed Moses' vehicle at the Garapan Fishing Base on the day of the incident.

According to the reports, Moses later confessed to the murder during an interview, explaining that the altercation with Pedro led to the fatal attack.

The case remains open as investigators continue to gather additional evidence. DPS also continues to urge anyone with information about suspicious activity at the Garapan Fishing Base last Aug. 1 to contact the authorities.

The second person of interest, Pedro and Moses' other brother, Fritz, is also under investigation for the death of the former and has not been cleared by police.

NUCLEAR

From page 1

Our Common Wealth 670, a group believed to be established by local CNMI residents, wrote to Palacios last week about concerns regarding Leon Guerrero's statement "in defense" of nuclear weapons and long-range missiles in Guam.

"We are writing in regards to a recent Radio New Zealand interview with the Honorable Governor of Guam, Lou Leon Guerrero. In her interview, Gov. Leon Guerrero defends the use of nuclear weapons and long-range missiles on Guam. We find this latest development troubling given our island's historical stance against the introduction of nuclear storage and waste," said the letter.

"As a community organization dedicated to protecting our islands, seas and community from irreparable damage caused by harmful developments such as militarization, we write with urgent and grave concern to urge government officials to continue to support the voices of our people by speaking out against the introduction of nuclear weapons, storage and waste in our region of the world, let alone within our Marianas archipelago and surrounding waters. There is perhaps nothing more threatening to our islands and way of life than nuclear weapons which have the ability to destroy places for countless generations down the line," the letter further states.

According to Palacios, he hasn't seen this letter.

"I haven't seen the letter but I'm not sure if there's going to be nuclear weapons in Guam. Guam is a defense community. They [have] facilities and installations like the Anderson Air Force Base and now they're building a new Marine Corp. campus, a big one at that. I can't be very specific because I haven't read these comments," he said.

When asked his stance on nuclear weapons in the Marianas, he said there is a concern but because the Marianas is in a different kind of environment, he is unsure how he'd address the matter.

"Let me be very clear, nobody, not any community in the world, is not concerned about that. The fact of the matter is we're in a different environment today so I'm not sure how do we address this. We look to our Department of Defense to ensure that a lot of these concerns are mitigated. Again, I'm not fully aware of what's going on with nuclear weapons in Guam or what our governor of Guam has said," he said.

In the letter to Palacios, Our Common Wealth 670 states that as islanders, the land and sea deeply connects the Marianas to one another despite the distance.

"The invitation to bring nuclear power to Guam goes against the history of islander resistance to such dangerous technologies including anti-nuclear movements such as the Free and Independent Nuclear Pacific. We also find this to be alarming knowing the history of nuclear testing in the Marshall Islands, French Polynesia and other Pacific Islands, where islanders have long been used as test cases for scientific research in the name of mankind. We recognize that nuclear power is an existential threat to our islands and way of life," the letter states.

Our Common Wealth 670 states that it believes the CNMI can become an environmental beacon throughout the Pacific, through legislation and community practices, that promotes an equitable and nuclear-free region.

"Our elders have historically championed a clean and healthful environment and we want to preserve this wisdom for future generations. We want to highlight and reference Article I, Section 9 of the CNMI Constitution which reads: 'Section 9: Clean and Healthful Environment. — Each person has the right to a clean and healthful public environment in all areas, including the land, air, and water. Harmful and unnecessary noise pollution, and the storage of nuclear or radioactive material and the dumping or storage of any type of nuclear waste within the surface or submerged lands and waters of the Northern Mariana Islands, are prohibited except as provided by law.' This constitutional provision mandates the CNMI government to oppose the plans of the Pentagon and the Territory of Guam to harbor nuclear weapons in such close proximity to the CNMI," said the letter.

"We implore you and your administration to denounce and oppose the move to bring nuclear armaments and materials to our region. The idea of harboring weapons as a deterrence strategy for peace is unsustainable," the letter adds.

A longer version of this story is available at www. saipantribune.com

CEC

From page 1

During the meeting, executive director Kayla Igitol shared that CEC staff have reviewed all 61 petitions and all but one met all requirements.

However, at the end, Igitol asked that the board certify all 61 petitions to which her request was granted a unanimous "yes" by all five board members.

"The last day to submit petitions was Aug. 9. CEC has received a total of 61 petitions. The staff has reviewed all 61 petitions and all, but one petition has met qualifications. I'd like to recommend to the board to certify all 61 candidates for the 2024 general election. They have complied with the requirements of the election law," she said.

In addition, Igitol asked that the board approve the ballot layout for the upcoming election for CEC staff to begin preparations for early voting and absentee voting.

"We want to finalize the ballot order by Aug. 22 to ensure that we get some ballots before early voting for Northern Islands begins and to be able to mail out absentee ballots, so our absentee voters have ample time to return those ballots. We plan to have the raffle drawings on Tuesday and Wednesday this week," she said.

To this request, the board unanimously voted "yes."

As of yesterday, the CNMI's voter registration number is 18,129 to include absentee voters.

Meanwhile, during the meeting, boar director Jesus Sablan disclosed that although his daughter-in-law is a running candidate for Precinct 1, because he is not a voter for that precinct, there is no conflict.

"I don't have any conflict even if one of the candidates is my daughter-in-law. I'm not voting in that precinct. Also, we are not certifying what we reviewed. We are certifying what the CEC staff needs to ascertain that all candidates are qualified," he said.

Rota special election

In related news, Igitol shared that the Rota 2024 special election to name a new Rota Board of Education representative concluded without a hitch last week.

"Early voting was conducted and concluded last week. It was a smooth election with very low voter turnout. For early voting, we had 15 voters and on election day we had 12 who casted their vote. So, in total, 27 ballots were casted for the 2024 special election. The unopposed candidate, Daniel Quitugua, was able to garnish 26 votes and one blank ballot. The results were certified the same night after the polls closed on Aug. 14," she said.

SAAR

From page 1

Lt. Gov. David M. Apatang, Saipan Mayor Ramon B. "RB" Camacho, Drug Court Judge Teresa Kim, Senate President Edith DeLeon Guerrero (D-Saipan), Sen. Corina Magofna (D-Saipan), Reps. John Paul Sablan (D-Saipan), Manny Castro (D-Saipan), and Vicente Camacho (D-Saipan), as well as representatives from sponsoring government agencies.

SAAR program manager Charlotte Flores delivered the welcome remarks and presented the project on how to empower individuals through addiction recovery services that include the organization's vision which is to enhance the quality of life for individuals through leadership and action and SAAR's mission to empower individuals struggling with substance use and addiction to achieve long-term recovery.

Flores explained that the SAAR program has two components which are the H.O.P.E. Recovery Center and the Community Outreach Partnership Program.

She also added that the residential component offers a structured environment for stability, sobriety, and safety. The transitional home center will support eligible participants in reintegrating into the community and the community average partnership program provides various services in a newly opened building.

Other parts of Flores' presentation include combating substance addiction and supporting recovery, outreach prevention initiatives, career development program assistance for individuals, outpatient treatment services initiatives wherein aftercare programs. SAAR is also seeking partnerships with government agencies, nonprofits, and the private sector.

In his remarks, Palacios discussed the rehabilitation of a community facility that has been in existence for seven years.

He commended SAARS special assistant Diego Sablan for his help in establishing the Chalan Kanoa Community Outreach Partnership Program Office.

A longer version of this story is available at www. saipantribune.com

SMLEG holds successful Back-to-School Free Hair Cut event

In a heartwarming display of community spirit and volunteerism, the Saipan Maga'Haga Lady Eagles Group of the Fraternal Order of Eagles, led by president Maria Aileen Arnold, successfully hosted their 2nd Annual Back-to-School Free Hair Cut event. This initiative, held at the Round House of the Garapan Central Park, provided free haircuts and school supplies to local students in preparation for the upcoming school year.

CONTRIBUTED PHOTO

Saipan Maga'Haga Lady Eagles Group officers and members pose with volunteer barbers during their recent 2nd Annual Back-to-School Free Hair Cut event at the Garapan Round House.

The SMLEG launched this community service last year with the mission of empowering students to start the school year with confidence and readiness. This year's event was a resounding success, thanks to the selfless contributions of volunteer hairdressers and barbers from various beauty salons across the island. Their dedication and skill brought smiles to the faces of 65 students, ranging in age from 5-16 years old. In addition to the free haircuts, students also received essential school supplies prepared by the hosts, ensuring they are well equipped for the new academic year.

The participating hairdressers and barbers who generously donated their time and expertise include:

- Sharmaine P. Casquero of Mommyla
- Michelle C. Santos of Perfect Image
- Ryan Osian of Saipan Natural Nails Spa
- Ricky L. Lozarito of Saipan Natural Nails Spa
- Kenji Lajara of Creative Beauty Salon
- Rowin Regonas of Creative Beauty Salon
- Remyl Jhan Raymundo of Creative Beauty Salon
- Leonardo Y. Tubig Jr. of Zi Salon
- Arlene M. Aliorde of Barbie's Salon
- Risty Vergara (freelancer)

To these talented individuals, the SMLEG extends its deepest gratitude. Your volunteerism not only made this event possible but also showcased the true essence of community service.

The SMLEG also recognizes the unwavering support of the Saipan Magalahi Eagles Club, under the leadership of president Moises Tagle Jr. and vice president Crispino Rivera. Their dedication to this cause has been instrumental in its success. Additionally, a special thanks goes out to Rep. Marissa Renee Flores (Ind-Saipan) for her generous sponsorship of the venue, ensuring that the event could take place in such a welcoming and accessible location.

This year's event has once again strengthened the bonds within our community, reminding us all of the power of coming together for a common good. The SMLEG is proud to serve not only the island of Saipan but also looks forward to extending its goodwill to our neighboring islands of Rota and Tinian.

As SMLEG continues to build on this spirit of volunteerism, it encourages everyone to stay engaged and spread the positive energy that events like these bring to our island community.

"Together, we are making a difference, one student at a time," it said. ***(PR)***

CONTRIBUTED PHOTO

Saipan Maga'Haga Lady Eagles Group's 2nd Annual Back-to-School Free Hair Cut also gave away school supplies.

CONTRIBUTED PHOTO

A total of 65 students, ranging in age from 5-16 years old, got free haircuts during Saipan Maga'Haga Lady Eagles Group's 2nd Annual Back-to-School Free Hair Cut

Saipan Community School open house set for Aug. 22

Saipan Community School is excited to announce its annual SCS Open House and Family Orientation Night, scheduled for this Thursday, Aug. 22, 2024, at 6pm. This opening event of SCS' school year welcomes parents, students, and community members to get reoriented back into school and discover the excellence of education at SCS.

Attendees are asked to meet in the chapel at 6pm for a general assembly, which will include a brief introduction of the SCS teachers, staff, and administration and reminders of school norms, rules, and positive expectations before exploring the campus and seeing our classrooms.

SCS strongly encourages parents and students to take full advantage of this event by engaging with teachers in their respective classrooms. These interactive sessions will provide valuable insights into academic goals, curriculum, and co-curricular activities that enhance the student learning experience.

CONTRIBUTED PHOTO

Saipan Community School offers a U.S. curriculum taught in English from kindergarten to 8th grade.

"SCS is proud to showcase the continued transformations made to the SCS campus and the many blessings God has bestowed upon us. In addition to last year's classrooms, music room, and library upgrades, this year, we have worked on prioritizing space for our art room and a student computer lab and started to make strides toward upgrading the lunch room. Following our goal to create inspiring and inviting spaces for students to thrive, we anticipate having everyone back on campus once our Administrative Offices are 100% complete and the pending [Federal Emergency Management Agency] projects are finalized!" said SCS principal Amanda Dunn.

Established in 1976 as the island's first protestant school, SCS offers a U.S. curriculum taught in English. The school's commitment to academic excellence and character development in a family-friendly atmosphere has earned consistent recognition over the years, a testament to the school's proud and strong reputation.

"Our open house is a great opportunity for parents, students, and community members to experience firsthand the excellence that defines Saipan Community School," said Dunn. "We invite everyone to join us as we celebrate education, growth, and community."

Join SCS this Thursday, Aug. 22, at 6pm for an enlightening evening as they celebrate the essence of education and community at the SCS campus. If you are interested in learning more about SCS and the learning opportunities they offer from kindergarten through 8th grade, contact via email: principal@saipancommunityschool.com, call their offices at (670) 234-6687, or visit the SCS campus along Beach Road in Susupe. ***(PR)***

CONTRIBUTED PHOTO

Established in 1976, Saipan Community School is the island's first protestant school.

Opinion

Hafa Adai!
Saipan Tribune
THE CNMI'S FIRST DAILY NEWSPAPER
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The Associated Press | Pacific Islands News Association

EDITORIAL

Generative AI is an energy hog and that could hurt progress fighting climate change

Artificial intelligence is one of the world's fast-growing technologies, with Google, Microsoft, Meta, Apple and others rolling out generative AI models. It's also one of the most energy-intensive technologies, and that is raising alarm that AI data centers' thirst for electricity will increase planet-warming emissions and strain the electrical grid.

Google AI takes 10 times as much electricity to process a result as a regular Google search, according to one analysis. Data centers, or large buildings filled with computer servers, already accounted for about 4% of energy use in the U.S. in 2022, with consumption expected to hit 6% by 2026, an increase driven in part by the boom in AI use.

And there is a push to build more in California and across the country. Pacific Gas & Electric revealed in June that it had received 26 applications for new data centers that would use 3.5 gigawatts in total, Times' reporter Melody Petersen recounted. That amount of power could support nearly 5 million homes.

Meeting that demand will put pressure on the U.S.' aging electrical grid and, since 60% of electricity still comes from fossil fuels, increase planet-warming carbon emissions.

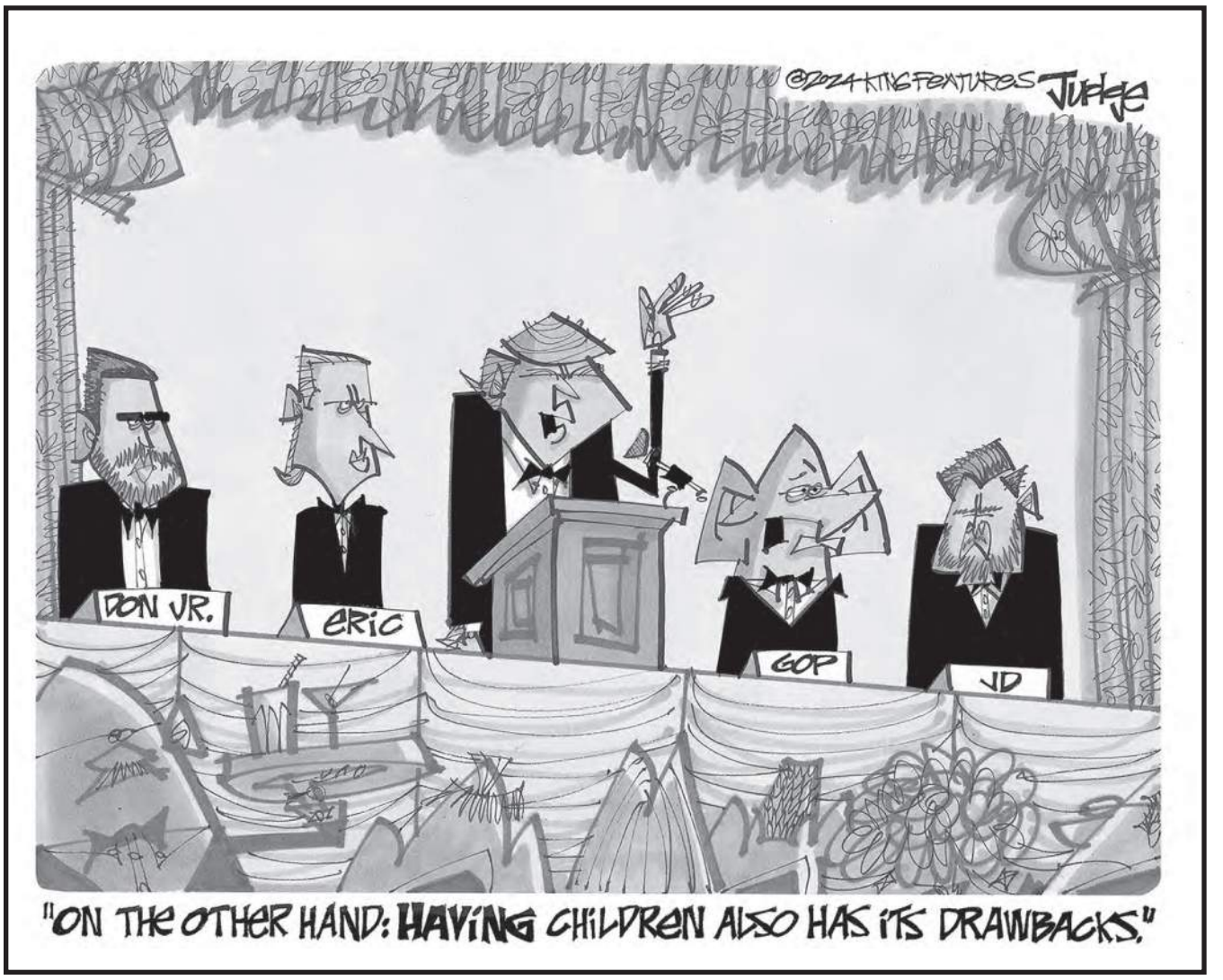
Indeed, Google's carbon emissions increased nearly 50% compared with 2019, which the company attributed to its data center energy consumption and supply chain emissions. Microsoft reported a nearly 30% increase in carbon emissions since 2020 due to the construction of data centers. The International Energy Agency estimates that in 2021, Amazon, Microsoft, Google and Meta collectively used 72 trillion watt hours, more than double the amount they used in 2017, and this number is expected to continue rising.

Data centers run about 100,000 servers on average and often need to be located near power plants. There are concerns that these facilities could strain local power supplies, causing rolling blackouts. California is particularly vulnerable; the state ranks 49th out of 50 in the ability to avoid blackouts by having more electricity available than homes and businesses need at peak hours. In addition to being a threat to the power grid, servers produce heat and data centers use a lot of water to cool them down.

Given the environmental impacts, there has been increasing resistance from communities over plans to expand data centers. Lawmakers in Washington, Virginia, Georgia and other states have pushed for studies of data centers' energy use and the effects on grid reliability, ProPublica reported. That's a good start. We have to make sure this rapidly expanding technology doesn't undermine climate goals.

Jesse Dodge, a senior research scientist at the Allen Institute for AI, said that before this recent wave of consumer AI, artificial intelligence models were mostly being used by researchers for academic purposes and prioritized for efficiency and

See ENERGY on Page 7



Bizarre raw milk trend is putting kids at risk

If there's one thing that wasn't on my bingo card for 2024, it was this: that amid a national outbreak of bird flu among dairy cows, sales of raw milk would surge.

But new data shows that's exactly what's happening. It's a baffling trend that puts people at risk of getting seriously ill—especially kids.

When reports of dairy cows infected with bird flu first surfaced, one of consumers' first questions was about the safety of the milk supply—especially after fragments of the virus were found in cartons sitting on grocery store shelves. Researchers eventually showed that pasteurization appears to remove any threat of contracting the virus from consuming the milk.

By contrast, the effects of the lingering virus in raw milk remain murky. One small study found that mice fed raw milk from infected cows became sick.

Every single infectious disease expert I've spoken with about bird flu in recent months has raised the same point: The likelihood of becoming ill from drinking H5N1-laden raw milk might be low, but the potential of getting sick from other pathogens in raw milk is high—too high to make it worth the risk. Public health authorities have stressed that it is simply not safe to drink raw milk, particularly for people who are most vulnerable to the worst infections from the bad bugs it might carry, like pregnant women, children, the elderly and the immune-compromised.

And yet data from market research firm NielsenIQ found that raw milk sales were 42% higher from mid-May to mid-June than they had been during the same period in 2023. The timing raises the question of whether people are just jumping onto an already-growing trend (pushed by wellness influencers and trad wives), or if drinking it has become a bizarre act of political defiance (to wit, the right-wing group Turning Point USA now sells a "got raw milk?" tee).

Raw milk can expose people to a who's who of nasty bugs, including campylobacter, cryptosporidium, E. coli, listeria, brucella and salmonella. Before pasteurization was the norm, it was associated with truly horrid-sounding diseases like "summer diarrhea." The advent of pasteurization laws has been considered a key factor in cutting the infant death rate by more than half at the turn of the 20th century.

In 2005, researchers connected raw milk to a 2001-2004 outbreak of bovine tuberculosis among humans. This past winter, some 165 people, 40% of them children and the majority in California, were sickened from raw milk from Fresno-based Raw Farm LLC that was contaminated with salmonella (with a few cases of campylobacter and E. coli sprinkled in). Twenty of those folks wound up in the hospital. Last month, health officials in Minnesota said five children had fallen ill from salmonella linked to unpasteurized milk, one of whom was hospitalized.

By LISA JARVIS
Bloomberg Opinion

Lisa Jarvis is a Bloomberg Opinion columnist covering biotech, health care and the pharmaceutical industry. Previously, she was executive editor of Chemical & Engineering News.

Yet enthusiasts seem to have bought into persistent myths about raw milk as a superfood — and pasteurized milk as a problem. One of those myths is that raw milk can reduce lactose intolerance; studies have shown that to be unfounded. Another myth is that drinking pasteurized milk causes allergies or that raw milk can prevent them; again, untrue. Yet others claim that raw milk is nutritionally superior to the pasteurized product or that it boosts the immune system; both are unsupported by research.

Another myth, one recently perpetuated in a video by third-party vice presidential candidate Nicole Shanahan, is that pathogens are an industrial farm problem—and that small, "clean" farms can avoid them (ironically, the video features Raw Farm, the same provider responsible for the California outbreak). Not so, said Minnesota Department of Health epidemiologist Maria Bye in a recent statement about the sickened kids in her state: "Consuming any unpasteurized milk is risky, no matter how clean the operation from which it is purchased."

We should expect to see more people get sick if raw milk sales continue to increase. One analysis by the Centers for Disease Control and Prevention found that while only a sliver of the population consumes raw milk or cheese (3.2% and 1.6%, respectively), they accounted for 96% of illnesses due to pathogen-laced dairy products.

Many of those sick people will be kids. Another study found that between 2013 and 2018, nearly half of the illnesses due to unpasteurized milk were in people under the age of 20.

The risks of unpasteurized milk have long been clear. The bird flu outbreak among dairy cows should be convincing more people to stay away from it—not creating more demand.

The oldest Olympians might hold the key to slowing aging

By F.D. FLAM
Bloomberg Opinion

F.D. Flam is a Bloomberg Opinion columnist covering science. She is host of the "Follow the Science" podcast.

Olympic competitors over 40 are inspiring—and less of a rarity than they used to be. Scientists say athletes with extreme staying power may be that way due to molecular-level advantages. Studying those could further the quest to understand and slow down the ravages of human aging.

In Paris, the very oldest competitors showed up in the shooting, table tennis and equestrian events. And there were middle-aged folks in golf, beach volleyball, cycling, sailing, rowing and fencing—not to mention skateboarding, where Andy Macdonald, a 51-year-old dad in cargo pants, and graying 49-year-old legend Dallas Oberholzer, held the crowd spellbound. They all notched clear victories over ageist stereotypes—and maybe even time itself.

Russell Hepple, a professor in the physical therapy department at the University of Florida, told me he is studying people who've persisted in sports even into their 80s and 90s hoping to understand how they do it.

There's more funding for studies of centenarians, he said, but he thinks there's more potential benefit in studying subjects with athletic longevity—like Ed Whitlock, who in his 70s ran multiple marathons in under three hours; the people who compete in the Boston Marathon's 80+ category; or the woman who could still sprint, long-jump and hurl the shot put into her 90s. What he's interested in is not just extending life, but extending the healthy, highly functional part of life.

Hepple's lead collaborator on the project is his wife, Tanja Taivassalo, an associate research professor at the university. He said the project was inspired by her extraordinary father, who has twice won the Boston Marathon in the 80+ category. So far, they've collected just a small group of subjects—15 people who are still competitive after age 75. But all of them are at the world championship level in their age groups. Some of his subjects have died in their 80s and 90s, but continued to compete until the last weeks or even days of their lives.

In one of their studies, they found that these super-agers had an abundance of hundreds of different proteins compared to normal agers. Some of the proteins were already associated with athletic performance, but the connection others might play isn't yet known. Eventually, they want to tease out which differences are caused by long-term strenuous workouts, and which are genetic gifts that might be possible to copy with drugs.

One of the big areas of focus today are tiny structures called mitochondria—the power plants of the body. They have their own DNA and a sort of life of their own—thousands of them live and die inside our cells. Scientists think animals acquired mitochondria from tiny bacteria that invaded early cells and developed a symbiotic relationship with us.

In recent studies, he said, scientists have found that as people age they lose the ability to clean up a metabolic byproduct called kynurenine—which is associated with physical and cognitive decline. It's the mitochondria that normally do this critical job.

When the mitochondria are abundant and in working order, people not only have their maximum strength, they also have their most precise control between the muscles and the brain, said Luigi Ferrucci, a researcher at the National Institute on Aging. "The master athletes are people that maintain harmonic integrity in multiple systems in the body," he said.

As you age, the number of mitochondria in your cells declines, but that happens much more slowly in people who continue to do strenuous exercise. They're able to activate what Ferrucci calls mitochondrial biogenesis. In this process, old mitochondria die and get cleared from your cells and are replaced by new ones. As we get older, the sentinels that normally flag malfunctioning mitochondria grow lax, causing us to lose both the quality and quantity of our microscopic power plants.

The immune system also starts to malfunction more as we get old. If you're over a certain age and sedentary, he said, and you suddenly decide you're going to run three miles on a Sunday morning, your body will produce a flood of inflammatory cytokines—immune molecules that will make you feel sore the next day. But if you run a little on most days, your baseline level of inflammatory cytokines will drop, along with your risk of chronic disease.

In the future, perhaps researchers will find personalized drugs that can keep our mitochondria refreshing themselves and keep inflammation in check. In the meantime, Hepple said, there are too many empty and confusing promises on the supplement shelves.

Garry Palmer, who runs a sports performance center in Cannock, England, said the people who succeed in staying in the game for decades find it enjoyable; the idea of "no pain, no gain" should go in the trash, replaced with listening to your body and knowing when to take a break.

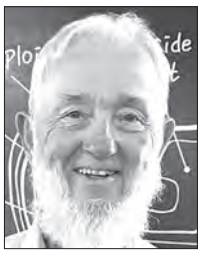
Aging isn't a steady downhill slide. Instead, it offers plenty of opportunities for periods of improvement and growth, as well as learning new techniques and skills.

Better training and equipment is already allowing Olympians to compete for longer. And as scientists learn more, what looks like extreme staying power now might one day start to appear ordinary.

As however is ever and ever is now

LITERARY NOOK
By JOEY CONNOLLY
Special to the Saipan Tribune

Joey Connolly aka "Pepe Batbon" is a retired educator who taught in the CNMI, NOLA, and LVNV. He is the Poet Laureate of Tinian and enjoys stargazing.



Whoever would it be might it could it be
sleepwalking in these forlorn woods
Tiger? Robin? Little Red Riding Hood?
monks wearing hoods boys in the hood.
Whatever will we smell hear and see
over the river through the gurgly woods
what will be will be he she it understood
'could it be yes it could somethings comin
something good maybe tonight who knows'.
(Tonight song in the musical WestSide Story)
Whenever did it happen here now or later
up a misty mountain in a green rocky glen
were you scared by duendes women and men
did they come back to haunt you much later.
Wherever did it take place behind your face
in some other reality branes parallel worlds
inside dark matter dark energy space where
galaxies collide spread like strings of pearls.
Why ever did you go there near yet so far
to a gestalt garden did you ever come back
from forests through trees an eternal track
a world piled up resting on turtles' backs.
However is it now heifer bull and milk cow
vinegar honey tits on man many on a sow
Now the Star of David, Crescent, and Cross row
in Gaza Moses Muhammad, Buber's I and Thou.

LETTER TO THE EDITOR

In appreciation of 'Cancer Moonshot' and in support of further cancer prevention

Dear Mr. President,

Our Common Wealth 670 is a grassroots non-profit organization representing community, advocates, scholars, environmental specialists, and policy makers from the Commonwealth of the Northern Mariana Islands. We congratulate you on your recent announcement of the "Cancer Moonshot." This policy toward decreasing cancer deaths in half in 20 to 25 years is of paramount importance to our underserved and at-risk community.

The CNMI has some of the highest cancer rates in the U.S., as shown by statistics gathered by the Commonwealth Healthcare Corp.'s Department of Public Health, Division of Epidemiology and provided to the National Institute of Health (https://www.ncbi.nlm.nih.gov/pmc/articles/PMC10000177/). Indeed, many of our resident and visiting physicians have expressed their astonishment at the high rate of malignancies in our community, especially rare cancers, and many afflicting people at very young ages.

It is universally accepted that preventing exposure to toxic chemicals is essential to reducing cancer rates at the offset. With this in mind we implore the administration to reconsider the continued use of burn pits for the destruction of military waste, and detonations for munitions and unexploded ordnance (UXO), as opposed to using inherently safer environmental disposal methods. The Department of Defense's (DoD) ElS decision to use burn pits in Anderson Airforce Base on Guam was vehemently opposed by OCW670 and many other community members and advocacy groups in the region.

We simply ask that a portion of "Cancer Moonshot" funding, and part of the DoD's ($1.5 trillion) budget be used toward preventing these types of hazardous environmental exposures in the first place, instead of just providing cancer treatment or research in their aftermath. Lacking a less dangerous alternative, military personnel will continue to work adjacent to, and our community will live "downwind" from, toxic plumes produced from burn pits, and other hazards associated with proximity to detonations. After over half a century, isn't it time to use safer methods for disposing past, present and future military waste and munitions?

We respectfully request that these current disposal methods cease, as clearly, they have less to do with "national security" than they do with expense.

Thank you for keeping your promise to your son Beau and please consider implementing "preventive" measures in conjunction with cancer-curing policies for all U.S. communities, including Guam and the CNMI's in accordance with your 2021 executive orders to protect public health, advance racial equity, and support underserved communities!

Si Yu'us Ma'ase, Ghilisou, yan Thank you, for your decades of dedicated service for the betterment of the people of the United States of America, territories, and the Commonwealth of the Northern Mariana Islands.

Our Common Wealth 670
Via email

ENERGY
From page 6

sustainability. The large tech companies developing AI for the marketplace prioritize bigger models that use more energy.

Although tech companies are not required to specify how they trained newer models, revealing this data could help reduce energy demands. Oftentimes if a company is updating a model, it trains the model from scratch instead of expanding on a model that it has already completed. If companies were to release these models, that could help eliminate the repetition seen throughout generative AI, reducing energy and water waste, Dodge said.

Shaolei Ren, an assistant professor of electrical and computer engineering at UC Riverside, has been conducting research on ways Big Tech can be responsible when creating new AI models, and he believes that these companies are more than capable of operating sustainably.

"Theoretically, they could physically be at carbon zero by routing the workloads around the world. There are data centers all over the world. Since California has solar energy they can put the workload (during the day) here and at night they can move the computing to Europe. They could do this, but they do not because there is a lot of risk," Ren said.

Big Tech has the resources to curb its energy demands, but so far it has chosen not to. For example, there is no way for users to opt out of Google's AI-generated search, forcing them to get the energy-intensive results even if they did not want them. That has to change. AI is only going to grow, and the companies behind the boom have a responsibility to ensure their technology doesn't slow progress in fighting climate change.

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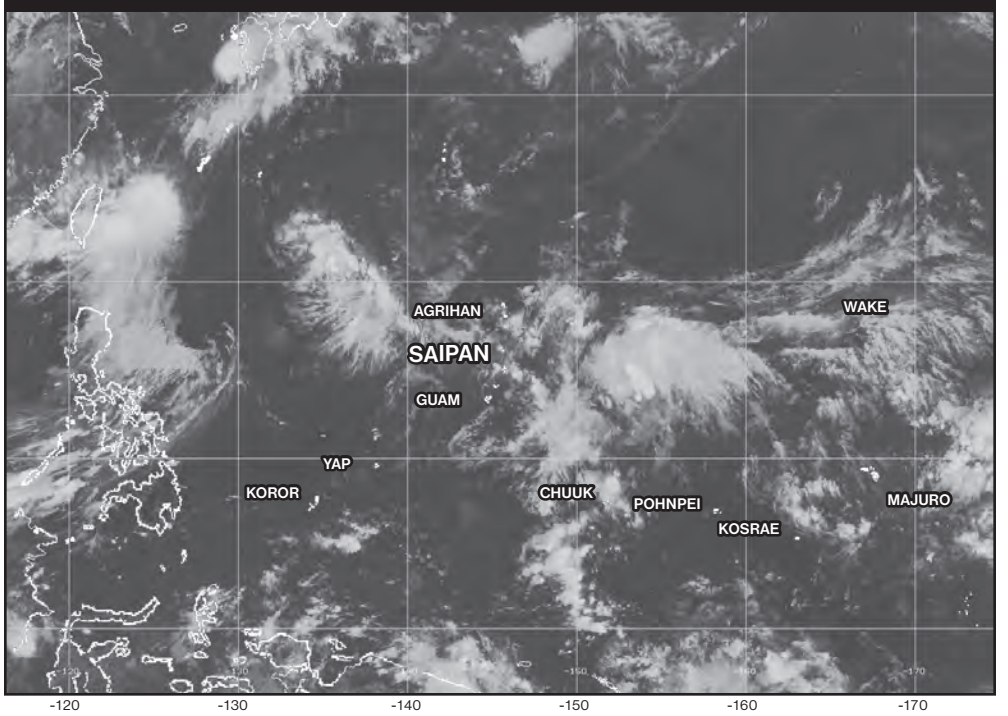
The Weather

5-DAY FORECAST FOR SAIPAN AND TINIAN

TODAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Scattered showers and thunderstorms. Partly sunny,	Scattered showers and thunderstorms. Mostly cloudy.	A 50 percent chance of showers. Mostly cloudy.	A chance of showers. Mostly cloudy.	A chance of showers. Partly sunny.
86º 78	84º 79º	84º 79º	85º 80º	86º 80º

YESTERDAY'S SATELLITE IMAGE



PICTURE TIME: 4:57 AM MONDAY, AUGUST 18, 2024

Western North Pacific between equator and 25N from 130E to 180.

Satellite imagery is showing increasing clouds and showers approaching the Marianas from the east. Lightning has been observed east of the Rota waters. Latest buoy data is showing seas of 4 to 6 feet.

Satellite image and accompanying information are provided by the National Weather Service. For an updated weather forecast, visit the National Weather Service Guam homepage: https://www.weather.gov/gum/

MICRONESIA		▲ ▼ °F
Guam and Rota	Partly Cloudy	89° / 78°
Palau	Mostly Cloudy	92° / 80°
Yap	Mostly Cloudy	88° / 80°
Chuuk	Mostly Cloudy	90° / 81°
Pohnpei	Mostly Cloudy	90° / 76°
Kosrae	Partly Cloudy	88° / 82°
Majuro	Mostly Cloudy	85° / 80°

DAY	SUNRISE	SUNSET
Today	6:03 AM	6:37 PM
Wednesday	6:03 AM	6:36 PM
Thursday	6:03 AM	6:36 PM
Friday	6:03 AM	6:35 PM
Saturday	6:03 AM	6:34 PM

DAY	MOONRISE	MOONSET	MOONRISE
Today	-	6:11 AM	7:10 PM
Wednesday	-	7:12 AM	7:53 PM
Thursday	-	8:11 AM	8:36 PM
Friday	-	9:10 AM	9:18 PM
Saturday	-	10:09 AM	10:02 PM

AROUND THE GLOBE		▲ ▼ °F
Auckland	Light Rain/Wind	58° / 52°
Beijing	Fair	88° / 74°
Hong Kong	Showers in the Vicinity	85° / 79°
Honolulu	Partly Cloudy	84° / 75°
London	Clear	75° / 55°
Los Angeles	Clear	83° / 65°
Manila	Haze	94° / 81°
Melbourne	Partly Cloudy	65° / 44°
Miami	Partly Cloudy	87° / 82°
New York	Mostly Cloudy	80° / 69°
Osaka	Rain Shower	98° / 77°
Paris	Partly Cloudy	70° / 55°
Busan	Mostly Cloudy	90° / 78°
Rome	Partly Cloudy	92° / 67°
Salem	Partly Cloudy	93° / 72°
San Francisco	Partly Cloudy	67° / 59°
Seoul	Fair	95° / 78°
Tokyo	Mostly Cloudy	93° / 83°
Washington, DC	Cloudy	87° / 72°

TIDES: SAIPAN HARBOR TODAY		FEET
1:49 AM	Low Tide	1.23
7:00 AM	High Tide	2.20
2:11 PM	Low Tide	-0.24
8:54 PM	High Tide	2.11

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FLIGHT SCHEDULE AS OF AUGUST 18, 2024

DEPARTURES

SAIPAN-GUAM (GUM)

UA076	9:50AM	10:35AM	Daily

SAIPAN- NARITA (NRT)

UA824	11:50AM	2:25PM	1, 3, 5

GUAM-MANILA (MNL)

PR 111	5:55AM	7:55AM	Daily
UA193	6:50PM	10:55PM	2, 5 via Palau
UA183	7:10PM	9:10PM	Daily

SAIPAN-MANILA (MNL)

7C3403/2305	4:45AM	10:20PM	Daily
UA076/183	9:50AM	9:10PM	Daily via Guam
UA076/193	9:50AM	10:55PM	2, 5 via Guam, Palau

SAIPAN-INCHEON (ICN)

TW308	3:15AM	7:00AM	Daily
7C3403	4:45AM	8:35AM	Daily
7C3405	4:10PM	7:45PM	Daily

SAIPAN-HONG KONG (HKG)

HX77	4:05AM	7:00AM	1, 5

ARRIVALS

GUAM (GUM)-SAIPAN

UA174	8:00AM	8:50AM	Daily

NARITA (NRT)-SAIPAN

UA825	5:30PM	9:55PM	2, 4, 7

MANILA (MNL)-GUAM

UA184	10:25PM	4:20AM+1	1, 3, 4, 6, 7
UA192	10:25PM	6:15AM+1	2, 5 via Palau
PR110	10:30PM	4:25AM+1	Daily
UA184	11:50PM	5:45AM+1	2, 5

MANILA (MNL)-SAIPAN

UA192/174	10:25PM	8:50AM+1	2, 5 via Palau, Guam
UA184/174	10:25PM	8:50AM +1	1, 3, 4, 6,7 via Guam
7C2306/3406	11:10PM	3:10PM+1	Daily
UA184/174	11:50PM	8:50AM +1	2, 5 via Guam

INCHEON (ICN)-SAIPAN

7C3406	9:30AM	3:10PM	Daily
7C3472	11:05AM	4:40PM	Daily (July 17 to Aug 17)
TW307	8:30PM	2:15AM+1	Daily
7C3404	10:10PM	3:40AM+1	Daily

HONG KONG (HKG)-SAIPAN

HX76	7:25PM	2:35AM+1	4, 7

LEGEND: Days: Monday (1), Tuesday (2), Wednesday (3), Thursday (4), Friday (5), Saturday (6) and Sunday (7); UA United Airlines; PR, Philippine Airlines; TW, T'Way Air; OZ, Asiana Airlines; 7C, Jeju Air; BX, Air Busan • ETD: Estimated Time of Departure; ETA: Estimated Time of Arrival. *(The Saipan Tribune is not responsible for any changes in the schedule.)*

STAR MARIANAS AIR, INC.

FLIGHT SCHEDULE AS OF JANUARY 2, 2024

SAIPAN TO ROTA

FLIGHT #	FROM	TO	DEPARTS	ARRIVES	FREQUENCY
1301	SAIPAN	ROTA	08:30	09:00	Daily
1302	SAIPAN	ROTA	10:30	11:00	Daily
1303	SAIPAN	ROTA	15:30	16:00	Daily

ROTA TO SAIPAN

FLIGHT #	FROM	TO	DEPARTS	ARRIVES	FREQUENCY
3101	ROTA	SAIPAN	9:30	10:00	Daily
3102	ROTA	SAIPAN	11:30	12:00	Saturday & Sunday
3103	ROTA	SAIPAN	13:30	14:00	Monday To Friday
3104	ROTA	SAIPAN	16:30	17:00	Daily

ROTA TO GUAM

FLIGHT #	FROM	TO	DEPARTS	ARRIVES	FREQUENCY
3401	ROTA	GUAM	11:30	12:00	Monday To Friday

GUAM TO ROTA

FLIGHT #	FROM	TO	DEPARTS	ARRIVES	FREQUENCY
4301	GUAM	ROTA	12:30	13:00	Monday To Friday

SAIPAN TO TINIAN

FLIGHT #	FROM	TO	DEPARTS	ARRIVES	FREQUENCY
1201	SAIPAN	TINIAN	7:30	7:45	Daily
1202	SAIPAN	TINIAN	8:00	8:15	Daily
1203	SAIPAN	TINIAN	9:00	9:15	Daily
1204	SAIPAN	TINIAN	10:00	10:15	Daily
1206	SAIPAN	TINIAN	14:00	14:15	Daily
1207	SAIPAN	TINIAN	15:00	15:15	Daily
1208	SAIPAN	TINIAN	16:00	16:15	Daily
1209	SAIPAN	TINIAN	17:00	17:15	Daily

TINIAN TO SAIPAN

FLIGHT #	FROM	TO	DEPARTS	ARRIVES	FREQUENCY
2101	TINIAN	SAIPAN	8:00	8:15	Daily
2102	TINIAN	SAIPAN	8:30	8:45	Daily
2103	TINIAN	SAIPAN	9:30	9:45	Daily
2104	TINIAN	SAIPAN	10:30	10:45	Daily
2106	TINIAN	SAIPAN	14:30	14:45	Daily
2107	TINIAN	SAIPAN	15:30	15:45	Daily
2108	TINIAN	SAIPAN	16:30	16:45	Daily
2109	TINIAN	SAIPAN	17:30	17:45	Daily

Palau's president says China weaponizing lucrative tourism over refusal to break Taiwan ties

WELLINGTON, New Zealand (AP)—Beijing weaponized tourism to the Pacific archipelago of Palau over its allegiance to Taiwan and its accusations that China was behind a major cyberattack there, President Surangel Whipps Jr. told The Associated Press.

Palau, along with Tuvalu and the Marshall Islands, is one three Pacific nations to recognize Taiwan as an independent democracy—viewed as a snub by Beijing, which asserts it is part of China. Taipei's allies in the Pacific have dwindled from six countries in 2019; Nauru abandoned its ties in January.

Whipps told the AP in an interview late Thursday that, in 2020 while he was running for his current post, the Chinese ambassador to a neighboring country pledged to flood his tourism-dependent nation of 20,000 people with a million visitors if he capitulated on the country's stance.

"That continues to be the overture," he said by phone Thursday. "They say, why are you torturing yourselves? Just join us and the sky's the limit."

Whipps refused. "We don't need a million tourists," he added. "It's not always about how much money we get."

His stance is vanishingly rare amid Pacific island nations—some struggling to sustain themselves and feeling overlooked by Western powers while their backyards are increasingly the settings for some of the world's most potent contests for influence. Amid intensifying conflict over ocean territory, resources and political sway, Beijing's pressure on the three hold-out countries was increasing, analysts said.

AP

Palau's President Surangel Whipps Jr. speaks during a press conference at the Foreign Correspondents' Club of Japan (FCCJ), June 15, 2023, in Tokyo.

"As the number of Taiwan's diplomatic allies in the Pacific dwindles, the obstacles to China's regional diplomacy diminish," said Mihai Sora, Director of the Pacific Islands Program at the Lowy Institute.

China's penalties for Palau's intransigence are not new, but they have escalated in the months leading up to November's election in which Whipps will seek another term as leader, he said. In May, he blamed China for a major cyberattack on Palau in which 20,000 government documents were stolen. The claim was unproven, Whipps said, but no other motive or actor had emerged.

Earlier that month, Palau tourism industry representatives were denied visas to enter Macau for a lucrative international industry conference. Then reports appeared in China's state media and on an official WeChat channel in June, warning tourists of an increase in safety issues for Chinese visitors to Palau. The remarks, seen by the AP, urged citizens to be cautious when traveling there.

Whipps rejected the reports of security problems but said the claims had stuck—visitor numbers from China halved in 2024, now down to 30% of its tourists. Once, 70% of Palau's visitors came from China, but the country tried to diversify its market after Beijing unofficially blocked its citizens from visiting in 2017.

"Palau has found itself in a position where it relies on Chinese tourists for income," Sora said. "This is a tap China can quite easily turn on and off—and it does."

Support comes from other quarters, however. Unlike most Pacific nations, Palau, a republic that has been independent since 1994, holds close ties to the United States in a free association agreement. Washington provides aid and defense support to Palau and its citizens can live and work in the U.S.

In February—as renewal of the aid for Palau, Marshall Islands and the Federated States of Micronesia stalled in a divided Congress—Whipps warned U.S. lawmakers that Beijing was trying to capitalize on the uncertainty.

Church of Jesus Christ donates healthcare equipment for new Kosrae hospital

"When people of faith work prayerfully to serve their neighbors, the Lord will open doors and remove obstacles to help accomplish His work."

This was the sentiment expressed by Bill Davis, manager of the Church of Jesus Christ's Welfare and Self Reliance Department for Micronesia, at a donation ceremony on Kosrae for healthcare equipment donated by the church on Aug. 6, 2024.

In his conversations with government and healthcare officials on Kosrae, Davis had learned that the Kosrae hospital was in need of important medical equipment and furnishings.

CONTRIBUTED PHOTO

Attendees of the donation ceremony at the Kosrae hospital pose for a group photo.

CONTRIBUTED PHOTO

Church of Jesus Christ's Welfare and Self Reliance Department for Micronesia manager Bill Davis addresses the crowd during the donation ceremony at the Kosrae hospital.

CONTRIBUTED PHOTO

Church of Jesus Christ's Welfare and Self Reliance Department for Micronesia manager Bill Davis and Kosrae's Department of Health Services director Dr. Tholman Alik sign the papers for the donation of hospital equipment.

CONTRIBUTED PHOTO

Kosrae State Lt. Gov. Arthy Nena, right, hands Church of Jesus Christ's Welfare and Self Reliance Department for Micronesia manager Bill Davis a certificate of appreciation following the donation of hospital equipment.

CONTRIBUTED PHOTO

Church of Jesus Christ's Welfare and Self Reliance Department for Micronesia manager Bill Davis inspects the donated equipment.

Soon after learning of these needs, he happened to bring up the situation with an acquaintance in the medical field who had just started a business with the specific mission of providing quality equipment at affordable prices for healthcare providers.

Davis quickly took advantage of this timely discovery, and after ascertaining the specific needs for the Kosrae hospital, was able to secure funding and arrange for purchase and delivery of the necessary equipment.

A handover ceremony was held in the Kosrae Governor's Conference Room on Tuesday, Aug. 6. Deacon Kun Mongkeya opened the ceremony with prayer, followed by remarks by Dr. Tholman Alik, director of Kosrae's Department of Health Services.

Alik especially thanked the Church of Jesus Christ of Latter-day Saints for its generosity and expressed his hope that the friendship between the Church and the people of Kosrae may continue in the future.

Following Alik's remarks, Davis expressed, "There is no such thing as a coincidence. I believe the Lord's hand was in all of this." He also credited all those who had worked together to make the donation a reality. "We can all join in to bless the people of Kosrae."

The donation consisted of hospital beds for adults and children, exam tables, dental chairs, wheelchairs, incubators, and industrial water purification systems.

To conclude the ceremony Lt. Gov. Arthy Nena, acting on behalf of Kosrae State Gov. Tulensa W. Palik, signed documents accepting the donation. He also presented a certificate of appreciation, signed by Palik and Alik, to the Church of Jesus Christ representatives "acknowledging and expressing appreciation for the generous donation of medical equipment to help the people of Kosrae."

"We are grateful for this kind support for the state hospital," said Nena. "These donations will be put to good use."

Also in attendance were State Legislature Speaker Semeon J. Phillip and Sens. Moses M. Thompson, Bob H. Skilling, and Sasaki L. George.

The ceremony closed with a hymn of gratitude sung in Kosraen and a concluding prayer by the Rev. Alerson Alik. ***(PR)***

World

Zelenskyy: Push into Kursk to create buffer zone

KYIV, Ukraine (AP)—Ukrainian President Volodymyr Zelenskyy said Sunday the daring military incursion into Russia's Kursk region aims to create a buffer zone to prevent further attacks by Moscow across the border.

It was the first time Zelenskyy clearly stated the aim of the operation, which was launched on Aug. 6. Previously, he had said the operation aimed to protect communities in the bordering Sumy region from constant shelling.

Zelenskyy said "it is now our primary task in defensive operations overall: to destroy as much Russian war potential as possible and conduct maximum counteroffensive actions. This includes creating a buffer zone on the aggressor's territory—our operation in the Kursk region," he said in his nightly address.

This weekend, Ukraine destroyed a key bridge in the region and struck a second one nearby, disrupting supply lines as it pressed a stunning cross-border incursion that began Aug. 6, officials said.

AP

In this footage released by the Ukrainian armed forces on Sunday, Aug. 18, 2024, smoke billows in what is said to show the destruction of a key bridge in Russia's Kursk region.

Pro-Kremlin military bloggers acknowledged the destruction of the first bridge on the Seim River near the town of Glushkovo will impede deliveries of supplies to Russian forces repelling Ukraine's incursion, although Moscow could still use pontoons and smaller bridges. Ukraine's air force chief, Lt. Gen. Mykola Oleshchuk, on Friday released a video of an airstrike that cut the bridge in two.

Less than two days later, Ukrainian troops hit a second bridge in Russia, according to Oleshchuk and Russian regional Gov. Alexei Smirnov.

As of Sunday morning, there were no officials giving the exact location of the second bridge attack. But Russian Telegram channels claimed that a second bridge over the Seim, in the village of Zvannoe, had been struck.

According to Russia's Mash news site, the attacks left only one intact bridge in the area. The Associated Press could not immediately verify these claims. If confirmed, the Ukrainian strikes would further complicate Moscow's attempts to replenish its forces and evacuate civilians.

Glushkovo is about 12 kilometers (7.5 miles) north of the Ukrainian border, and approximately 16 kilometers (10 miles) northwest of the main battle zone in Kursk. Zvannoe is located another 8 kilometers (5 miles) to the northwest.

Kyiv previously has said little about the goals of its push into Russia with tanks and other armored vehicles, the largest attack on the country since World War II, which took the Kremlin by surprise and saw scores of villages and hundreds of prisoners fall into Ukrainian hands.

The Ukrainians drove deep into the region in several directions, facing little resistance and sowing chaos and panic as tens of thousands of civilians fled. Ukraine's Commander in Chief, Gen. Oleksandr Syrskyi, claimed last week that his forces had advanced across 1,000 square kilometers (390 square miles) of the region, although it was not possible to independently verify what Ukrainian forces effectively control.

China accuses PH of deliberately crashing 1 of its ships into Chinese vessel

TAIPEI, Taiwan (AP)—China's coast guard accused the Philippines of deliberately crashing one of its ships into a Chinese vessel early Monday near Sabina Shoal, a new flashpoint in the increasingly alarming territorial disputes between the countries in the South China Sea.

Two Philippine coast guard ships entered waters near the shoal, ignored the Chinese coast guard's warning and "deliberately collided" with one of China's boats at 3:24 a.m., a spokesperson said in a statement on the Chinese coast guard's website.

Philippine authorities did not immediately comment on the encounter near the disputed atoll in the Spratly Islands, where overlapping claims are also made by Vietnam and Taiwan.

"The Philippine side is entirely responsible for the collision," spokesman Gan Yu said. "We warn the Philippine side to immediately stop its infringement and provocation, otherwise it will bear all the consequences arising from that."

Gan added China claimed "indisputable sovereignty" over the Spratly Islands, known in Chinese as Nansha Islands, including Sabina Shoal and its adjacent waters. The Chinese name for Sabina Shoal is Xianbin Reef.

In a separate statement, he said the Philippine ship that was turned away from Sabina Shoal entered waters near the disputed Second Thomas Shoal, ignoring the Chinese coast guard's warnings. "The Chinese coast guard took control measures against the Philippine ship in accordance with law and regulation," he added.

Sabina Shoal, which lies about 140 kilometers (87 miles) west of the Philippines' western island province of Palawan, has become a new flashpoint in the territorial disputes between China and the Philippines.

The Philippine coast guard deployed one of its key patrol ships, the BRP Teresa Magbanua, to Sabina in April after Filipino scientists discovered submerged piles of crushed corals in its shallows which sparked suspicions that China may be bracing to build a structure in the atoll. The Chinese coast guard later deployed a ship to Sabina.

Ernesto regains hurricane strength, sends powerful swells and dangerous rip currents to East Coast

Tropical Storm Ernesto became a hurricane again Sunday as it churned away from Bermuda and headed further out in the northeastern Atlantic, sending powerful swells toward the U.S. East Coast, generating rip currents associated with at least one death and prompting many rescues.

The National Hurricane Center in Miami said Ernesto's maximum sustained winds were 75 mph (120 kph), just barely Category 1 strength.

More strengthening was forecast before Ernesto weakens and becomes a post-tropical cyclone on Tuesday, the hurricane center said. The storm was centered about 520 miles (840 kilometers) south of Halifax, Nova Scotia, and was expected to pass near southeastern Newfoundland late Monday and early Tuesday.

Swells generated by Ernesto were affecting portions of the Bahamas, Bermuda, the U.S. East Coast as well as the Canadian Atlantic coast. Life-threatening surf and rip current conditions are likely in these areas during the next couple of days, the hurricane center said.

The National Weather Service posted a coastal flood advisory and warned of a high risk for rip currents along the Atlantic Coast through Monday evening, saying they "can sweep even the best swimmers away from shore into deeper water."

A warning extended from Florida to the Boston area and portions of Maine.

In periods of high risk, rip currents become more likely and potentially more frequent, posing a danger to all levels of swimmers, not just inexperienced ones, said meteorologist Mike Lee in Mount Holly, New Jersey. ***(AP)***

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Life & Style

‘Alien: Romulus’ bites off $41.5 million to top box office charts

“Alien: Romulus,” the latest installment in the 45-year-old franchise, opened in first place at the North American box office. The 20th Century Studios release earned an estimated $41.5 million in its first weekend, where it was playing in 3,885 locations in the U.S. and Canada.

Including $66.7 million from international showings in 49 markets, “Alien: Romulus” boasted a $108.2 million global debut. The Walt Disney Co., which owns 20th Century Studios, claimed the top two spots on the charts, with Marvel’s “Deadpool & Wolverine ” now in its fourth weekend, taking second place with $29 million. The company has been responsible for an estimated 42% of the industry’s summer box office haul, including hits “Inside Out 2” and “Kingdom of the Planet of the Apes.”

August can often be slow for the movie business, or, less charitably, a dumping ground. But while 2024 has lagged overall for the movie business, a string of recent hits including “Deadpool & Wolverine” and “It Ends With Us” helped build a momentum that put this late August weekend over 30% ahead of the same weekend last year. It’s also up over 10% from August 2019.

AP

This image released by 20th Century Studios shows Xenomorph in a scene from “Alien: Romulus.”

“The summer started off pretty gloomy, but it’s winding up really strong,” said Paul Dergarabedian, the senior media analyst for Comscore. “We thought we were going to coast through August, but now we’re powering through August towards a much better overall summer number than we expected for the box office.”

Fede Álvarez directed “Alien: Romulus, ” set around the time of “Alien” and “Aliens,” and recruited a cast of up-and-coming 20-somethings to lead the cast including Cailee Spaeny, David Jonsson and Isabela Merced. The sci-fi film leans into Álvarez’s propensity for all things horror, as he is known for “Evil Dead” and “Don’t Breathe,” and embraces the franchise’s horror roots.

Reviews have been a little mixed, but mostly positive, with an 81% on Rotten Tomatoes. Audiences gave it a B+ CinemaScore.

The romantic drama “ It Ends With Us ” landed in third place with $24 million, down just 52% from its triumphant opening. The Sony movie starring Blake Lively and Justin Baldoni, who also directed, has made $97.8 million to date. It cost only $25 million to produce.

The film was adapted from the bestselling Colleen Hoover novel of the same name that follows Lively as Lily Bloom, a woman at a crossroads when a past love upends her current relationship with Baldoni’s Ryle Kincaid.

Rumors of behind-the-scenes drama on the film also continues to dominate social media discourse and tabloid headlines—but “Don’t Worry Darling” also taught us that gossip and chatter don’t always translate to box office returns.

“Twisters” placed fourth in its fifth weekend with $9.8 million from 3,483 theaters. The Universal release has made over $238.4 million domestically.

Rounding out the top five was a rerelease: “Coraline,” which Fathom Events put on over 1,500 screens for its 15th anniversary where it made $11.3 million in four days and $8.6 million from Friday through Sunday. The stop-motion animated film was an adaptation of a Neil Gaiman novella, written and directed by Henry Selick and marked the first-ever release for Laika. It’ll be in theaters until Aug. 22.

1. **“Alien: Romulus,”** *$41.5 million.*
2. **“Deadpool & Wolverine,”** *$29 million.*
3. **“It Ends With Us,”** *$24 million.*
4. **“Twisters,”** *$9.8 million.*
5. **“Coraline,”** *$8.6 million.*
6. **“Despicable Me 4,”** *$6 million.*
7. **“Trap,”** *$3.4 million.*
8. **“Inside Out 2,”** *$3.2 million.*
9. **“Borderlands,”** *$2.4 million.*
10. **“Stree 2,”** *$2.2 million.*

“Borderlands,” the video game adaptation starring Cate Blanchett, Kevin Hart and Jamie Lee Curtis, brought in $2.4 million in its second weekend bringing its total box office earnings to $13.5 million compared to its reported $120 million budget.

Estimated ticket sales for Friday through Sunday at U.S. and Canadian theaters, according to Comscore. Final domestic figures will be released Monday. ***(AP)***

Prince Harry and Meghan meet with Afro-Colombian leaders to wrap up their first visit to Colombia

CALI, Colombia (AP)—Prince Harry and his wife Meghan wrapped up their visit to Colombia on Sunday by participating in a forum on the challenges facing women of African descent as they participate in politics.

The couple also met with young people as part of a traditional music festival in the Pacific coast city of Cali.

The tour by the Duke and Duchess of Sussex began Thursday at the invitation of Vice President Francia Márquez, Colombia’s first Black vice president. The visit has been defined by cultural and social causes, in line with the couple’s support of the Archewell Foundation, a nonprofit organization.

Surrounded by the Afro-influenced sounds of drums, saxophones, marimbas and poetry, the couple sat in the front row hearing reflections from Black leaders at a forum called “Afro Women and Power.”

“I can feel this embrace from Colombia. It is incredible, thank you very much,” the Duchess of Sussex said in Spanish to the forum of Afro-Colombian women and leaders, revealing that she learned the language 20 years ago.

The role of leaders implies working “to reduce inequality and poverty” in Black communities, panelist Ana Granja said in describing challenges for female leaders in Colombia. She said the struggle of Black women to participate in politics is more complex because of racism and discrimination.

“Our living conditions make us strong, brave women,” Colombia’s vice president added. Márquez asked the couple to generate financial support and strengthen social programs for women affected by gender violence and youth.

The event’s objective was to show the work “to restore dignity to ethnic peoples” and promote actions for the development and welfare of women, children and adolescents, the vice president said.

A day earlier, Harry and his wife visited two towns recognized for preserving their African roots. They met with communities and their leaders in towns like San Basilio de Palanque in Cartagena, on Colombia’s Caribbean coast.

Their trip has included participation in a forum on digital security in Colombia’s capital, Bogota, where they advocated for mental health and the fight against cyberbullying of children and teens. They also visited a school and met with military members and veterans affected by decades of internal conflicts in Colombia.

Strangers add to disabled woman’s pain and suffering

DEAR ABBY: I am a 40-something woman who has recently become disabled. I use a wheelchair. Some days, my body works; other days, it doesn’t. But walking any distance causes me to have seizures. I look fairly healthy to anyone who isn’t close to me, but I’m not.

About a year into my disability, my husband and I had to move in with my dad so he could help care for me. Dad does all the shopping and errands, and my husband works full time. I rarely leave the house. On days when I’m feeling really good, I go shopping with Dad. He’s in his 70s, but has no problem pushing me in my wheelchair.

The issue is, I get dirty looks from other elderly people who see an old man pushing what looks like a healthy younger person. I don’t feel I should have to explain why I use a wheelchair. However, it’s starting to really upset me that the few times a month when I get out, I get dirty looks.

Those people are seeing me on my best days. I’m hoping you can spread the word that some disabilities are invisible, and that it’s OK to use a wheelchair if needed.

PUSHED AROUND IN IDAHO

DEAR PUSHED: Some people do take advantage of disabled parking, and it’s not surprising that able-bodied folks are offended by it. HOWEVER, as you so clearly stated, not everyone’s disability is obvious. Some healthy-looking individuals have heart problems or balance issues (among others), which is why it is wrong to assume anything about anyone you don’t know. When people give you dirty looks because your father is assisting you, simply smile and ignore them.

■■■

DEAR ABBY: I am a 24-year-old wife and mother of three children under 3. While I love my husband and children, I’m struggling to find myself and what I like to do. When I wake up, I don’t think about myself and what I need. Instead, I feel guilty and selfish when I do think about myself. It’s hard for me to focus on work because of the needs of the house.

I’m the second oldest of 10, and from a young age I’ve had the responsibility of taking care of others. I never realized it would affect me this much. How do I find the balance to make time for myself and my family without feeling guilty?

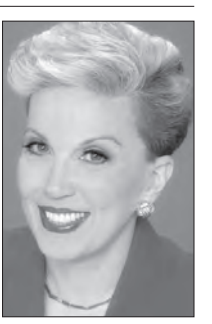
HANDS FULL IN TENNESSEE

DEAR HANDS FULL: Please stop beating yourself up for the feelings you are experiencing. You are not the only young mother who has them. You have had three children in three years, and some of those feelings may be hormonal. If you haven’t discussed them with your doctor, you should.

DEAR ABBY

BY ABIGAIL VAN BUREN

UNIVERSAL PRESS SYNDICATE



Dear Abby is written by Abigail Van Buren, also known as Jeanne Phillips, and was founded by her mother, Pauline Phillips. Contact Dear Abby at www.DearAbby.com or P.O. Box 69440, Los Angeles, CA 90069.

If you don’t want more children in the near future, talk with them about that as well.

Because you took care of your younger siblings for years, could some of them give you a hand now? Are there any other relatives who could ease the responsibility you have taken on? As your babies grow older, you will have time to explore more opportunities for yourself.

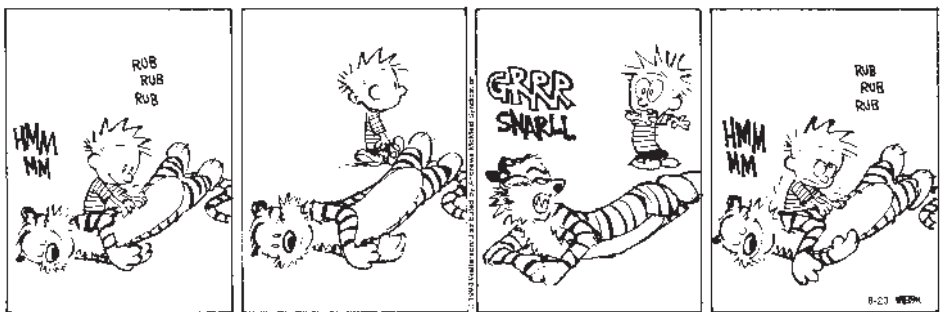
■■■

For an excellent guide to becoming a better conversationalist and a more sociable person, order “How to Be Popular.” Send your name and mailing address, plus check or money order for $8 (U.S. funds) to: Dear Abby, Popularity Booklet, P.O. Box 447, Mount Morris, IL 61054-0447. (Shipping and handling are included in the price.)

Pastimes

Calvin and Hobbes

By Bill Waterson



Garfield®

By Jim Davis

Adam@home

By Bryan Basset

ADAM!
ANDRE!
BIG NEWS! I'M STARTING A COFFEE COMPANY. HERE'S A BAG.
I WAS HOPING YOU'D CARRY IT IN YOUR SHOP.
WHAT HAPPENED TO WRITING?
IT'S MORE ABOUT WHAT DIDN'T HAPPEN.
8-20

The Duplex

By Glenn McCoy

WE'RE LOOKING FOR SOMEONE HIGHLY MOTIVATED. LET'S TAKE A LOOK AT YOUR RESUME...
OH, GOOD. THIS SAYS YOU'RE DRIVEN.
THAT'S RIGHT. MY MOM DROPPED ME OFF BECAUSE MY LICENSE EXPIRED.

CROSSWORD

By Eugene Sheffer

ACROSS

1 Swiss peaks
5 Cranberry territory
8 Foreshadow
12 Spartan queen
13 Mound stat
14 Acknowledge
15 Birthday present holders
17 Heal
18 Sort
19 Andean pack animals
21 Artery insert
24 Colorado resort
25 Buffalo Bill
26 Response delays
30 "Entourage" character
31 Criminals, to cops
32 Dandy guy
33 HTML web codes
35 Prefix with normal or chute
36 Mexican entree
37 Jaunty chapeau
38 Nobel-winning Mother
41 Small battery
42 Hollywood's Kazan
43 Kitchen cloths
48 Right angles
49 "CSI" find
50 Booty
51 Editing mark
52 Shrill bark
53 Sty chow

DOWN

1 H.S. math
2 Luau necklace
3 Adobe file format
4 Lustrous
5 Toucan's feature
6 URL ending
7 Quaint streetlights
8 Bogie's love
9 Egg
10 TV explorer
11 Woolly moms
16 Crunchy sandwich
20 Fibs
21 Swindle
22 Ripped
23 Work on proofs
24 Leo's follower
26 Oolong carrier
27 Miles away
28 Impale
29 Quarrel
31 Sch. supporters
34 Relaxed
35 Oyster products
37 "Humbug!"
38 Ticked (off)
39 Vogue rival
40 Streamlet
41 Pronto
44 Chef Garten
45 "You've got mail" co.
46 Stickum
47 NASCAR sponsor

Solution time: 22 mins.

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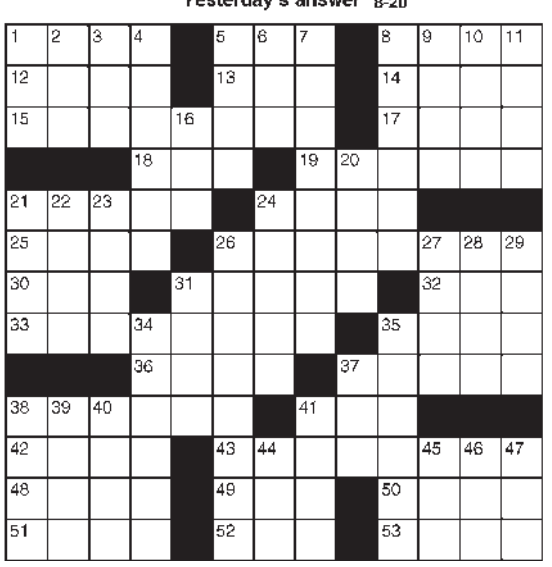
S	S	F		D	A	N	T	F		I	I	Z

Yesterday's answer 8-20



STUMPED? For answers to today's crossword, call **1-900-226-5955!** 99¢ per minute, touch-tone/rotary phones. (18+ only.) A King Features service, NYC.

CELEBRITIES BORN ON THIS DAY: Misha Collins, 50; Amy Adams, 50; Billy Gardell, 55; Al Roker, 70.

Happy Birthday: Take care of business. Leave nothing to chance or incomplete. To start fresh, you must let go and move forward with open arms, a free spirit and knowing you have done everything in your power to close doors that no longer interest or benefit you. A clear conscience will ease stress and enable you to do your best with no regrets. Your numbers are 5, 17, 20, 29, 31, 37, 48.

ARIES *(March 21-April 19):* Gather information and leave nothing to chance. Look for hidden expenses or someone's lack of professionalism, and counter any pitfall between you and your goal. Don't let a change someone makes throw you off; have a backup plan and proceed confidently. ✪✪✪

TAURUS *(April 20-May 20):* Spending is an issue. Trying to impress someone or spending unnecessarily will break the bank. A kind gesture will mean more than any gift you buy for someone you love. An unrequired move will not live up to your expectations. Put comfort, peace of mind and convenience first. ✪✪✪✪

GEMINI *(May 21-June 20):* Address options and opinions, then establish how to proceed. Doing research will change your outlook and encourage suggestions that help you navigate controversial situations gracefully and with dignity. Don't overreact to personal slights. Refrain from settling for less when you can achieve more. ✪✪

CANCER *(June 21-July 22):* You have more going for you than you realize. Take a moment to reevaluate your next move. If you abide by the rules and regulations, a unique approach to using your skills will expand possibilities about work, money and your reputation. ✪✪✪✪✪

LEO *(July 23-Aug. 22):* Rely on yourself; you won't be disappointed. Your get-up-and-go attitude will help elevate others to pitch in and help. Consistency will keep you on track and alleviate confusion and mixed messages that can deter progress. Get offers in writing and make your requests before you begin. ✪✪✪

VIRGO *(Aug. 23-Sept. 22):* Refrain from taking unnecessary risks with your health, love life or professional reputation. Situations will escalate if you aren't direct with information or live up to your promises. Pay attention to detail, and choose your words carefully to avoid misunderstandings. ✪✪✪

LIBRA *(Sept. 23-Oct. 22):* The best education is embracing the journey and living the dream. Stop talking and start doing. Actions speak louder than words; the results will bring you hope for a brighter future and encourage you to fine-tune your plans to ensure you achieve your desired results. ✪✪✪

SCORPIO *(Oct. 23-Nov. 21):* Spend time organizing your space to suit your needs. Refuse to let others dictate how you live. If you set things up for convenience, you will get things done and feel good about your progress. It's time to please yourself instead of overcompensating for others. ✪✪✪✪

SAGITTARIUS *(Nov. 22-Dec. 21):* Emotional interference will limit your accomplishments. Refresh your memory to ensure you have valid answers and alternatives to deal with situations inflated by friends, associates and family. Knowing what's possible will help you save time and make the best decision. Don't mix business with pleasure. ✪✪✪

EUGENIA LAST

THE LAST WORD IN ASTROLOGY

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CAPRICORN *(Dec. 22-Jan. 19):* Mixing money matters and emotions will lead to shortages. Research the possibilities and do everything you can to ensure you aren't overpaying or investing in something you don't need. Change begins with you. Simplify your life and you'll find it easier to eliminate expensive habits. ✪✪✪✪

AQUARIUS *(Jan. 20-Feb. 18):* Consider what will make your life easier, more productive and less confusing, then head in that direction. Spend less time with people who increase your stress levels or demand too much from you without giving back. Do what makes you happy, and focus on activities that make you feel healthy. ✪✪✪

PISCES *(Feb. 19-March 20):* If you play by the rules, you'll make better decisions and gain peer acceptance. Avoid venturing down a path that can complicate matters or tempt you to take on someone or something that isn't in your best interest. Nurture meaningful relationships. ✪✪✪

Birthday Baby: You are chatty, flexible and opportunity-driven. You are friendly and proactive.

✪: Avoid conflicts; work behind the scenes. ✪✪: You can accomplish, but don't rely on others. ✪✪✪: Focus and you'll reach your goals. ✪✪✪✪: Aim high; start new projects. ✪✪✪✪✪: Nothing can stop you; go for gold.

SUDOKU

Conceptis Sudoku *By Dave Green*

				6			5	1
3	1						8	
4	6					7		9
	5	4			9	8	1	7
9	3		8				4	
	8	1		4	7	2	9	
	7						2	8
		6	1			9	7	4
1					2			5

Difficulty: ★★ 8/20

Sudoku is a number-placing puzzle based on a 9x9 grid with several given numbers. The object is to place the numbers 1 to 9 in the empty squares so that each row, each column and each 3x3 box contains the same number only once. The difficulty level of the Conceptis Sudoku increases from Monday to Saturday.

Yesterday's Answer

2	8	6	4	9	5	7	1	3
1	5	7	3	2	8	6	9	4
9	4	3	6	7	1	8	5	2
8	6	9	5	3	2	1	4	7
4	3	5	1	8	7	9	2	6
7	2	1	9	4	6	3	8	5
6	7	4	2	1	9	5	3	8
3	9	8	7	5	4	2	6	1
5	1	2	8	6	3	4	7	9

Difficulty: ★ 8/19

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WONDERWORD

By DAVID OUELLET

HOW TO PLAY: All the words listed below appear in the puzzle — horizontally, vertically, diagonally and even backward. Find them, circle each letter of the word and strike it off the list. The leftover letters spell the **WONDERWORD.**

YUMMY CORN ON THE COB! **Solution: 7 letters**

S	U	O	I	C	I	L	E	D	S	U	M	M	E	R
P	I	O	R	E	G	A	N	O	E	C	I	P	S	E
R	A	M	L	I	S	A	B	T	A	S	T	E	I	P
I	I	R	M	I	O	E	N	N	E	Y	A	C	A	P
N	R	O	S	E	V	V	G	S	K	S	U	H	N	E
K	F	S	D	Ⓛ	R	E	E	A	O	A	T	O	N	P
L	R	E	R	Ⓘ	E	C	O	N	S	V	O	N	O	H
E	Y	M	A	Ⓜ	G	Y	N	I	A	O	M	E	Y	N
A	E	A	T	Ⓔ	O	A	E	O	L	R	A	Y	A	O
K	R	R	S	G	R	R	R	L	C	Y	T	C	M	M
I	F	Y	U	E	N	D	I	L	L	A	O	H	I	A
R	E	R	M	O	F	O	I	L	I	O	B	E	L	N
P	T	D	I	R	A	D	D	E	H	C	W	W	I	N
A	A	N	M	O	I	S	T	S	E	V	R	A	H	I
P	O	W	D	E	R	E	D	N	A	I	R	O	C	C

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Air Fryer, Bacon, Basil, Cayenne, Cheddar, Chew, Chili, Cinnamon, Coriander, Delicious, Dill, Feta, Foil, Garlic, Harvest, Honey, Husks, Lime, Mayonnaise, Moist, Mustard, Olive Oil, Onion, Oregano, Oven, Paprika, Parsley, Pepper, Powder, Rosemary, Sage, Savory, Season, Simmer, Spice, Sprinkle, Summer, Taste, Tomato, Yellow, Yogurt

Yesterday's Answer: Old Man of Storr

For **WONDERWORD** apps, books & more, visit Wonderword.com, or call 1-855-232-2367.

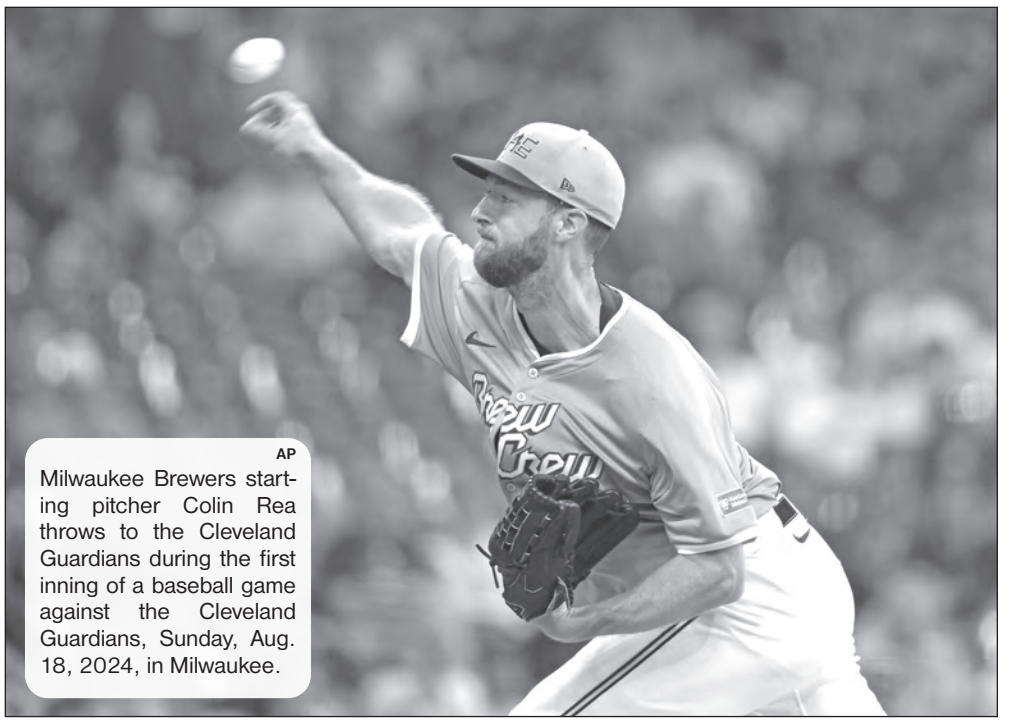
Brewers sweep Guardians with 2-0 win

MILWAUKEE (AP)—Colin Rea and two relievers combined on a two-hit shutout as the Milwaukee Brewers defeated the Cleveland Guardians 2-0 on Sunday for their fifth consecutive victory.

The NL Central-leading Brewers (72-52) improved to a season-best 20 games above .500 after going 7-3 on a 10-game homestand that included a four-game split with the NL West-leading Los Angeles Dodgers and a three-game sweep of the AL Central-leading Guardians.

Milwaukee's five-game winning streak matches its longest of the season.

Rhea (11-4) held the Guardians hitless for the first 5 2/3 innings. The 34-year-old right-hander struck out five and allowed two hits and no walks in his seven-inning stint.



AP

Milwaukee Brewers starting pitcher Colin Rea throws to the Cleveland Guardians during the first inning of a baseball game against the Cleveland Guardians, Sunday, Aug. 18, 2024, in Milwaukee.

MARLINS 3, METS 2

NEW YORK (AP)—Derek Hill delivered a tiebreaking single with two outs in the eighth inning that sent Miami to a victory over New York.

Nick Fortes had a sacrifice fly and Hill scored on a wild pitch for the last-place Marlins, who prevented a three-game sweep. Miami became the first team to win a game in which it had three runners picked off since the New York Yankees beat Toronto 4-2 in June 1991.

Andrew Nardi (3-1) struck out two and Declan Cronin got pinch-hitter J.D. Martinez to ground into an inning-ending double play in the eighth. Calvin Faucher earned his third save with a scoreless ninth.

ORIOLES 4, RED SOX 2

BALTIMORE (AP)—Albert Suárez delivered another scoreless start for Baltimore, and Adley Rutschman and Gunnar Henderson homered to lift them to a victory over Boston and a split of their four-game series.

Suárez (6-4) briefly returned to the bullpen following the trade deadline, but an injury to Grayson Rodriguez means the Orioles need him in the rotation again. He's gone three consecutive starts—totaling 17 2/3 innings—without allowing a run, and after losing the first two anyway, Baltimore was able to close this one out.

Suárez allowed seven hits and struck out six with no walks in six innings. He fanned Tyler O'Neill on a full count after the first two batters had reached base in the fourth, and although two more reached in the sixth, the 34-year-old right-hander struck out three that inning.

ASTROS 2, WHITE SOX 0

HOUSTON (AP)—Framber Valdez threw seven sharp innings for his eighth straight win and Yainer Diaz and Jose Altuve homered to help Houston to a victory over Chicago.

The win was Houston's 10th in 11 games and it moved the AL West leaders to a season-best 11 games over .500 at 67-56.

Bryan Abreu struck out two in the eighth and Josh Hader fanned two in the ninth to complete the three-hitter. Hader has converted his last 27 save opportunities, which extends a franchise record.

Diaz opened the Houston sixth with his shot to the seats in left field off rookie Ky Bush (0-2) to make it 1-0. The home run came after Diaz was robbed of one on a spectacular catch by rookie Dominic Fletcher in the first inning.

MARINERS 10, PIRATES 3

PITTSBURGH (AP)—George Kirby worked six solid innings and Seattle ended a five-game skid with a win over Pittsburgh.

Kirby (9-9) pitched five shutout innings and allowed two runs and four hits, striking out five and walking two. The 26-yeare-old right-hander rebounded after surrendering 11 runs and 12 hits in 3 2/3 innings his last time out, a 15-1 loss at Detroit on Aug. 13.

The Mariners, who scored a total of nine runs their previous five games, scored in four of the first five innings and went on to hand the Pirates their 13th loss in 16 games.

NATIONALS 6, PHILLIES 4

PHILADELPHIA (AP)—Keibert Ruiz homered for the third time in four games, Alex Call and James Wood also went deep and Washington snapped a four-game skid and avoided a series sweep with a win over NL-leading Philadelphia.

Jacob Young's sacrifice fly in the top of the eighth snapped a 4-all tie as the Nationals ended the Phillies' four-game winning streak.

Ruiz hit a two-run homer in the third off Phillies starter Taijuan Walker. Call followed an inning later with his third this season, and second in the series.

Call's 397-foot shot to left field chased Walker, who lasted 4 2/3 innings and threw 99 pitches, 61 for strikes. The 32-year-old right-hander struck out three and walked three.

BLUE JAYS 1, CUBS 0

CHICAGO (AP)—Joey Loperfido homered and Bowden Francis threw seven scoreless innings to help Toronto shut out Chicago.

Loperfido's solo shot off Shota Imanaga (9-3) was all Toronto needed to end a two-game skid.

Francis (6-3) matched his longest career outing, set six days earlier against the Los Angeles Angels.

He was perfect the first time through the order but loaded the bases in the fourth. He escaped the jam by catching Dansby Swanson looking at a third strike. The right-hander allowed just one other baserunner the rest of the way and finished with three hits and seven strikeouts while walking none to win for the fourth time in six starts.

ROYALS 8, REDS 1

CINCINNATI (AP)—Dairon Blanco hit his third home run in two days and started a rally with a bunt single as Kansas City beat Cincinnati to complete a series sweep.

Blanco, an outfielder, had just 64 at-bats coming into the series, before helping the Royals outscore the Reds 26-3.

The 31-year-old from Cuba drove in seven runs on Saturday with two home runs, including a grand slam. On Sunday, he started a two-run third inning against 10-game winner Andrew Abbott with a bunt single. Blanco stole second and scored on Vinnie Pasquantino's single. Salvatore Perez added a sacrifice fly.

Blanco hit his fourth home run of the season off Abbott (10-10). It was the 25th home run allowed by Abbott.

RAYS 8, DIAMONDBACKS 7, 12 INNINGS

ST. PETERSBURG, Fla. (AP)—Dylan Carlson hit an RBI single in the 12th inning and Tampa Bay beat Arizona to complete a three-game sweep after blowing a six-run lead.

Jonny DeLuca led off with a sacrifice bunt against Justin Martinez (5-4) that moved automatic runner Alex Jackson from second to third. Taylor Walls walked before Carlson won it with his base hit to left field.

Martinez worked out of a bases-loaded, no-out jam in the 11th.

Edwin Uceta (1-0) struck out two in a scoreless inning to get his first major league win.

Walls and Arizona's Joc Pederson each had a run-scoring single in the 10th.

RANGERS 6, TWINS 5, 10 INNINGS

ARLINGTON, Texas (AP)—Josh Jung's infield single and a throwing error gave Texas a win over Minnesota in 10 innings after the defending World Series champions trailed 4-0 going into the seventh.

Jose Miranda fielded Jung's chopper coming toward the plate and his throw to first base pulled Carlos Santana up off the base. Santana tried to tag out Jung but the ball came loose and rolled toward right field, allowing automatic runner Adolis García to score.

Jung also hit a solo homer in the seventh to cap a five-run inning for the Rangers.

Andrew Chafin (4-2) pitched a scoreless 10th for Texas. Twins automatic runner Edouard Julien was on third base with one out in the 10th and tried to score on a grounder against a drawn-in infield. Julien didn't slide, was thrown out by Texas shortstop Corey Seager, and the result was upheld following Minnesota's challenge that catcher Carson Kelly blocked the plate.

Texas, the defending World Series champion, won for the second time in eight games.

DODGERS 2, CARDINALS 1

ST. LOUIS (AP)—Shohei Ohtani hit his National League-leading 39th home run and Clayton Kershaw tossed six shutout innings to lead Los Angeles to a win over St. Louis.

Miguel Rojas and Gavin Lux had three hits apiece as the NL West leaders won for the seventh time in 10 games.

Lars Nootbaar provided a pinch-hit homer in the eighth for the Cardinals, who have lost six of seven.

Ohtani drilled a first-pitch offering from Sonny Gray over the wall in the fifth to break a scoreless tie. Rojas added a run-scoring single later in the inning.

Kershaw (2-2) allowed four hits and struck out two. The three-time Cy Young Award winner made his fifth major league start since undergoing shoulder surgery in November. It marked the longest outing of the year for the left-hander, who made his season debut on July 25.

ROCKIES 3, PADRES 2

DENVER (AP)—Jacob Stallings drove in the tiebreaking run with a single in the sixth inning, and Colorado beat San Diego.

Colorado took the season series from the Padres 8-5 and ended their streak of series victories. San Diego had won eight series in a row to tie the franchise record.

Manny Machado homered for the Padres, who are 20-6 in the second half. Four of those losses have come against the teams with the two worst records in the National League – Colorado and Miami.

Angel Chivilli (1-1) got the victory in relief and Victor Vodnik walked a batter in the ninth before nailing down his ninth save.

BRAVES 3, ANGELS 1

ANAHEIM, Calif. (AP)—Ramón Laureano homered for the second straight game and Atlanta wrapped up a 10-game road trip with a victory over Los Angeles.

Laureano continued to give the Angels trouble, just like he did during his six previous seasons in Oakland. The right fielder gave Atlanta a 2-0 lead in the fourth inning when he drove a curveball from Jack Kochanowicz (1-3) 442 feet over the wall in left-center.

It was Laureano's 14th homer in 69 games against the Angels. He was 4 for 11 during the weekend series and 10 for 29 with four homers and four RBIs on the road trip.

Charlie Morton (7-7) struck out seven in 5 1/3 innings for Atlanta, which went 6-4 on its trip. Raisel Iglesias retired the Angels in order in the ninth for his 26th save in 28 opportunities.

GIANTS 4, ATHLETICS 2, 10 INNINGS

OAKLAND, Calif. (AP)—Jerar Encarnación and Michael Conforto hit back-to-back home runs in the top of the 10th inning, lifting San Francisco to a win over Oakland in the finale of the Bay Bridge Series.

Heliot Ramos also connected to help the struggling Giants to their second victory in seven games.

Encarnación lined the first pitch he saw from Dany Jiménez (1-3) over the fence in right-center to snap a 1-all tie. Matt Chapman, the automatic runner at second base, also scored.

Conforto followed with a pinch-hit drive as a crowd of 32,727 at the Coliseum—many of them wearing Giants colors—roared in approval.

TIGERS 3, YANKEES 2, 10 INNINGS

WILLIAMSPORT, Pa. (AP)—Parker Meadows set off fireworks with a 10th-inning single that brought hundreds of Little Leaguers to their feet and scored Zach McKinstry on a headfirst slide to give Detroit a win over New York in the Major League Baseball Little League Classic.

The Little Leaguers who went wild for Yankees slugger Aaron Judge—he finished 1 for 4—from the moment he stepped off the plane to his last at-bat had to wait until the ninth inning for the real excitement to start.

Detroit rookie Jace Jung tied the game 1-all when he ripped an RBI single off Clay Holmes with two outs in the ninth. That scored Colt Keith, who hit a one-out double off the All-Star closer to start a rally that handed Holmes his 10th blown save this season.

Minshew beats out O'Connell for Raiders starting QB job

HENDERSON, Nev. (AP)—Gardner Minshew made a name for himself as a quarterback who can provide a spark off the bench. Now he will get the chance to start for the Raiders when they open their season next month.

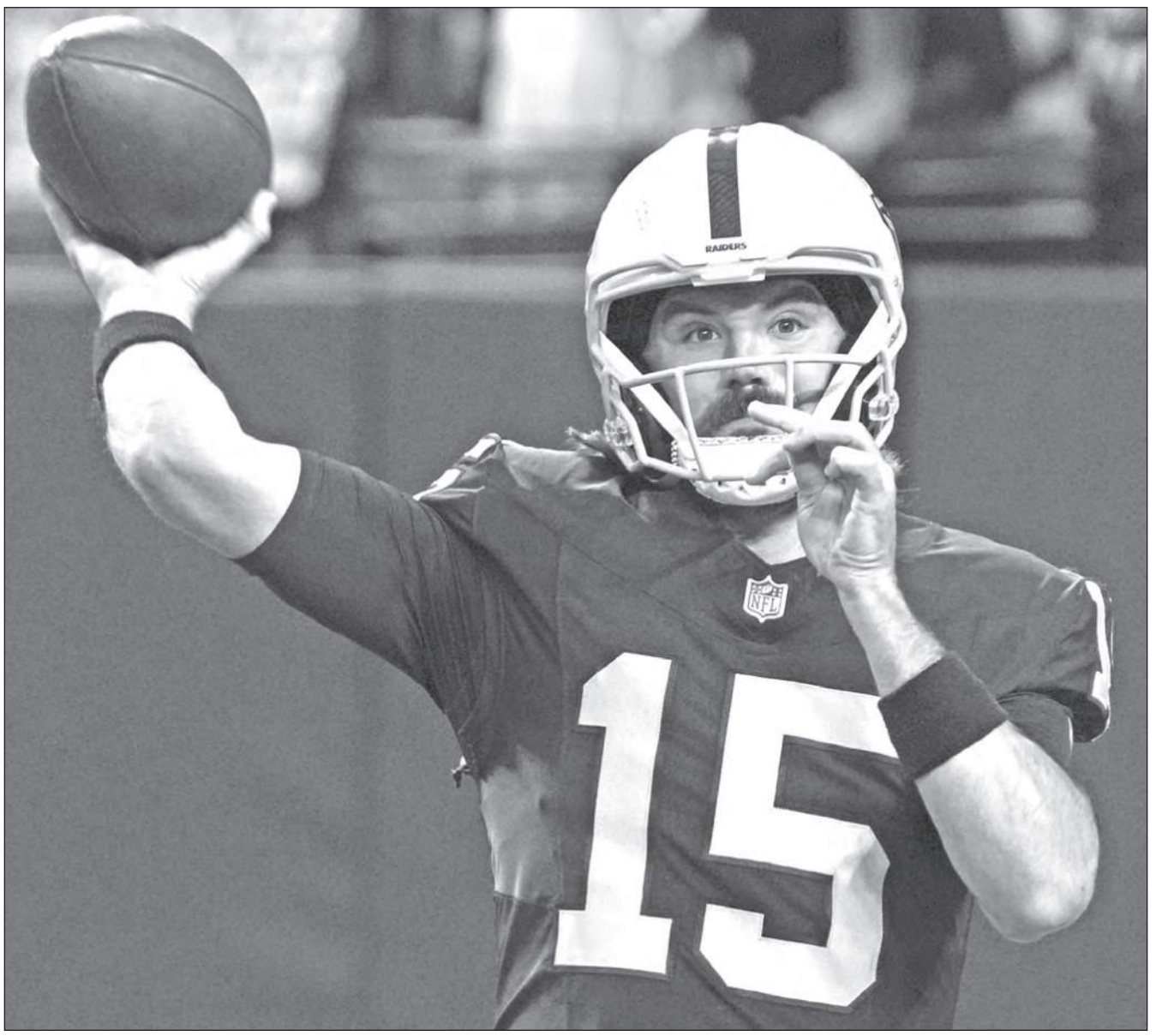
Las Vegas coach Antonio Pierce made the announcement Sunday. Minshew got the nod over Aidan O'Connell.

Pierce said Minshew's experience and his handling of the offense gave him the edge.

"Certainly, some of what he showed in practice showed up in the games," Pierce said. "A lot of stuff we can get better at. I don't think anything here is a finished product, but based off of where we want to go in the first quarter of the season, we feel like Gardner gives us our best opportunity."

The Raiders host their former Bay Area rival San Francisco 49ers on Friday in their final preseason game. They open their season Sept. 8 in Los Angeles against the Chargers.

Minshew, now in his sixth year, nearly led the Indianapolis Colts to the playoffs last season. He took over after rookie QB Anthony Richardson injured his shoulder four games into the season.



AP

Las Vegas Raiders quarterback Gardner Minshew (15) warms up before an NFL preseason football game against the Dallas Cowboys, Saturday, Aug. 17, 2024, in Las Vegas.

The 28-year-old Minshew went 7-6 as the starter, passing for 3,305 yards and 15 touchdowns with nine interceptions. With Richardson coming back for this season, Minshew moved on to Las Vegas, signing a two-year, $25 million contract.

Minshew was competing for the Raiders job with O'Connell, who took over in the middle of last season and went 5-4 down the stretch during his rookie year with Las Vegas.

Neither quarterback separated himself, which Pierce acknowledged after Saturday night's 27-12 preseason loss to Dallas. Minshew completed 10 of 21 passes for 95 yards against the Cowboys and O'Connell was 14 of 20 for 96 yards with a touchdown and an interception that was returned for a TD.

Both played much better the week before at Minnesota, with O'Connell leading a 15-play, 83-yard drive that ended in a field goal and Minshew coming in to guide three series that resulted in 17 points.

Pierce had said he wanted to select a starter after the Raiders faced the Cowboys, and he followed through on Sunday. He said Minshew's personality is infectious.

"Things of improvement—footwork in the pocket, staying on script," Pierce said. "There is some magic about him when he does break the pocket and does his thing, but there are a lot of times, the first or second read is there, we've got to let it rip. He understands that, and more importantly, taking care of the football."

Minshew may have the job for now, but that doesn't mean he will keep it all season.

"I told them both just be ready," Pierce said. "In the National Football League, you never know. Aidan is a young player that has tremendous upside and I think will be a starter at some point in this league, whether it's this year or next year. But he will play in games. I think Gardner's done a good job of being that older presence."

Vikings agree to 1-year contract with veteran cornerback Gilmore

The Minnesota Vikings agreed to a one-year contract with Stephon Gilmore on Sunday, the fifth cornerback—and by far the most accomplished—the team has added since training camp began in an effort to bolster a vital position group.

Gilmore will get $7 million guaranteed on a deal that could be worth as much as $10 million, his agent Jason Chayut told ESPN. The 2019 AP NFL Defensive Player of the Year with New England and five-time Pro Bowl pick is joining his fifth team in five seasons.

With 31 interceptions in 165 career regular-season games, Gilmore is fourth among active players currently on a roster. He trails new teammate Harrison Smith (34), Tyrann Mathieu (33) and Tashaun Gipson (33). Patrick Peterson (36) and Marcus Peters (33) also have more career interceptions, but they're still free agents. Smith was drafted by the Vikings in 2012 with the 29th overall pick, 19 spots after Gilmore was taken by Buffalo.

Gilmore, who turns 34 on Sept. 19, had been unsigned after playing for Dallas in 2023 and becoming a free agent. He hurt his shoulder in the final regular-season game and played through the injury during the Cowboys' wild-card round loss in the playoffs, before undergoing surgery for a torn labrum.

Gilmore, a South Carolina native, played five years for the Bills before bolting for the rival Patriots in 2017. He won a Super Bowl with them in the 2018 season and spent four years there.

After leading the NFL with six interceptions and 20 passes defensed and earning his second straight All-Pro selection in 2019, Gilmore had his 2020 season derailed by a positive COVID-19 test and then a torn quadriceps. When the injury lingered through training camp the following summer, Gilmore landed on the physically unable to perform list and was eventually traded to Carolina.

He signed with Indianapolis in 2022 and enjoyed a renaissance season of sorts, before being traded to the Cowboys last year for a fifth-round draft pick. He was instrumental in helping Dallas minimize the absence of star cornerback Trevon Diggs after his torn ACL.

The Vikings could use a similar dose of his ability and leadership. Rookie cornerback Khyree Jackson died in a car crash last month, casting a pall over the season. Then cornerback Mekhi Blackmon, a 2023 third-round draft pick who was going to be a regular in the nickel defense, tore his ACL on the first day of practice.

Gilmore is the fifth cornerback the Vikings have added in the last month, previously signing Duke Shelley, Jacobi Francis and Fabian Moreau, and trading for Nahshon Wright. The Vikings also signed Bobby McCain, who has played both cornerback and safety in his career. Their biggest offseason move for the secondary came in the spring when they signed seven-year veteran Shaquill Griffin.

Griffin hurt a hamstring early in training camp and has been sidelined since, though he's expected to be fine for the regular season. His absence has put Akayleb Evans with Byron Murphy Jr. with the first team, with Moreau frequently mixing in.

Assuming they're healthy, the veterans Gilmore, Griffin and Murphy likely will be the top three cornerbacks with Evans, who started 15 games last season, also in the mix. ***(AP)***

Las Vegas police officials say the new NFL access policy compromises officers' privacy

LAS VEGAS (AP)—Las Vegas Metropolitan Police Department and union officials said they object to NFL access policies to certain areas of Allegiant Stadium and the union has urged its officers to not work Raiders home games after this weekend if the new arrangement remains in place.

The NFL is using facial-recognition technology this season for those credentialed for games, including for players, media and vendors. The Las Vegas Police Protective Association, with the backing of the department, said they are concerned such technology compromises the officers' privacy.

Police have asked the NFL to let officers wear wristbands, as has been the case in previous seasons. Police will wear wristbands when Las Vegas hosts the Dallas Cowboys in a preseason game Saturday night.

"We want to see what they bring to the table for changes," union president Steve Grammas said. "(Privacy is) what everybody's concerned about—taking our personal information and sharing it with vendors and teams."

The union said on social media on Thursday the league also wants personal information such as fingerprints, home addresses and phone numbers.

The NFL issued a detailed explanation of the new policy, which was tested in six stadiums last season. The league said access photos will be used only to verify the person's identity and for no other purpose.

"We recognize the importance of our public safety partners and appreciate their efforts to ensure a safe game-day environment," the NFL said in a statement. "We've had productive conversations with the LVPPA and the Las Vegas Metropolitan Police Department about our modernized, secure credentialing system for all working staff. The credentialing system will enhance security at our stadiums, and we look forward to working with all stakeholders to address any questions or concerns raised."

Las Vegas police said in a statement that Sheriff Kevin McMahill backs the union's "position against the proposed changes in NFL credentialing."

The Nevada Republican Party also weighed in by expressing support for the police.

NBA 2024-2025 season schedule released

By TIM REYNOLDS
AP Basketball Writer

Boston will get its championship rings on Oct. 22, and the rival New York Knicks will be there for the celebration.

The NBA schedule was released Thursday for the coming season, and Game 1 on the slate is the Celtics hosting the Knicks on opening night—the one where the NBA champions will get their rings and reveal their 18th championship banner.

The second game on opening night has Minnesota visiting the Los Angeles Lakers, a reunion of Olympic gold medalists with the Timberwolves' Anthony Edwards facing off with the Lakers' LeBron James and Anthony Davis.

The league released 1,200 of the 1,230 games on the schedule Thursday; the other 30 will be slotted in December, depending on how teams fare during the NBA Cup. The schedule for those tournament games was released Tuesday, with Klay Thompson's return to Golden State as a member of the Dallas Mavericks among the matchups.

Some regular-season contests were previously announced, such as Miami and Washington playing in Mexico City on Nov. 2 and the San Antonio Spurs and Indiana Pacers playing a home-and-home in Paris—with Spurs star and France native Victor Wembanyama as the main attraction—on Jan. 23 and Jan. 25.

» Among highlights: Celtics-Knicks on ring night, Durant going back to school

A look at the rest of the slate: Christmas Day games

Victor Wembanyama and San Antonio go to New York to start the Christmas Day quintuple-header, followed by Minnesota at Dallas, Philadelphia at Boston, the Lakers at Golden State and Denver at Phoenix.

It'll be the first Christmas game for the Spurs since 2016 and the first for the Timberwolves since 2017. Milwaukee won't play a Christmas game for the first time in seven seasons.

All 30 teams playing

There are four nights this season where all 30 teams will be in action, starting with Nov. 4—when a new game will start every 15 minutes from 7 p.m. through 10:30 p.m. EST.

The other dates when all teams are playing: Feb. 12, April 11 (the second-to-last day of the regular season) and April 13 (the last day of the regular season).

AP

United States' Jayson Tatum (10) knocks the ball from Victor Wembanyama (32), of France during a men's gold medal basketball game at Bercy Arena at the 2024 Summer Olympics, Saturday, Aug. 10, 2024, in Paris, France.

Election Day among the off days

For the third consecutive year, Election Day—Nov. 5 this year—will not have any NBA games, with the league saying it wants to "continue to encourage fans and the broader NBA community to make a plan to vote and participate in the civic process. As part of this initiative, the NBA will share important resources from voting organizations and highlight the civic engagement work of teams in their markets."

Other off days for the NBA this season: Nov. 28 (Thanksgiving), Dec. 24 (Christmas Eve), Feb. 17-19 (the break following All-Star weekend, which starts Feb. 14) and April 12. There will likely be one other dark day in December, depending on how the schedules are set for those teams that do not make the NBA Cup semifinals.

Dr. Martin Luther King Jr. Day slate

There are seven games on Jan. 20 as part of the league's annual celebration of the life of the Rev. Martin Luther King Jr.: Dallas at Charlotte, Detroit at Houston, Minnesota at Memphis, Atlanta at New York, Phoenix at Cleveland, Boston at Golden State and Utah at New Orleans.

Memphis, where King was assassinated in 1968, will host a game on the holiday for the 22nd time in the last 23 seasons.

Durant going back to college, for one night

Kevin Durant could play at least one more game at his college home.

The Spurs will play two games in Austin, Texas, again this season—Feb. 20 against Durant and Phoenix, then Feb. 21 against Detroit.

Durant played his one college season at Texas. He had 30 points in his home finale as a member of the Longhorns on Feb. 28, 2007.

That schedule means Detroit won't be going to San Antonio this season. The Pistons are 1-13 in their last 14 trips to the Spurs' home arena.

TRIBUNE SPORTS SCORES

MLB STANDINGS

AMERICAN LEAGUE

East Division	W	L	Pct	GB
Baltimore	73	52	.584	–
New York	73	52	.584	–
Boston	65	58	.528	7
Tampa Bay	62	61	.504	10
Toronto	58	66	.468	14½
Central Division				
Cleveland	72	52	.581	–
Minnesota	70	54	.565	2
Kansas City	69	55	.556	3
Detroit	61	64	.488	11½
Chicago	30	95	.240	42½
West Division				
Houston	67	56	.545	–
Seattle	64	61	.512	4
Texas	57	68	.456	11
Los Angeles	53	71	.427	14½
Oakland	53	71	.427	14½

NATIONAL LEAGUE

East Division	W	L	Pct	GB
Philadelphia	73	51	.589	–
Atlanta	66	58	.532	7
New York	64	60	.516	9
Washington	56	69	.448	17½
Miami	46	78	.371	27
Central Division				
Milwaukee	72	52	.581	–
St. Louis	61	63	.492	11
Chicago	61	64	.488	11½
Cincinnati	60	64	.484	12
Pittsburgh	58	65	.472	13½
West Division				
Los Angeles	73	52	.584	–
San Diego	70	55	.560	3
Arizona	69	56	.552	4
San Francisco	63	63	.500	10½
Colorado	46	79	.368	27

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hand. Missed opportunities from both sides kept the game tied at one a piece until the 61st minute when Macau's Sam Io Lok let one fly past NMI keeper Hailey Benavente.

The match ended, 2-1, in favor of Macau as NMI failed to tie it up once more.

Then, last Saturday, NMI faced off against Mongolia and settled for a scoreless draw, 0-0.

NMI strikers could not find the back of the net throughout the match, while Benavente ensured Mongolia didn't find their way to their goal as well. After a lot of back and forth and exchanges, the match ended in a scoreless draw to give NMI a 0-1-1, win-draw-loss record so far in the tourney.

Today, the NMI is taking on Hong Kong, China, with results to be posted in the next issues of Saipan Tribune.

The NMI team is in Group B with Hong Kong, Guam, Mongolia, and Macau.

The Team is made up of Hailey Benavente, Alyssa Borlongan, Mataina Reyes, Elyza Brillo, Jade Pascual, Orica George, Aira Daca, Cassidee Flores, Beatrice Gross, Angel Calayag, Alyssa Brasuell, Stacy Arriola, Miley Mafnas, Iris Rasa, Talina Aguon-Mcclure, Aubrey White, Va'aina Reyes, Rhodalyn Palumar, Maya Jung, and Kaye Anne Costales.

The Mongolian team was made up of Michidmaa Munkhbold, Erdenechimeg Ulambayar, Purevsuren Myagmar, Ariunzaya Ganbaatar, Suvanisizida Khayankhyarvaa, Ganbolor Tumenjargal, Munkhzul Bayanmunkh, Tselmuun Batsaikhan, Amin-Erdene Ariunaa, Sodgerel Sergelenbaatar, Zolzaya Khatanbaatar, Egshiglen Sainbuyan, Namgilmaa Davaadorj, Undrakh-Erdene Gandorj, Otgonzaya Batsaikhan, Dulguun Tuvshinjargal, Chimeg-Erdene Javzansuren, Enkhsaruul Otgonbayar, Chinzul Altankhuyag, and Enguun Oidovgun.

The Macau team consisted of Weng Lam Chong, Ka Io Lok, Keng Chi Iong, Tin Lam Chan, Pui Ka Un, Hio Cheng Tou, Claveria Jeanne B. De Vera Carter, Sam Io Lok, Pui Kei Un, Sam In Jocelyn Ho, Hoi Lam Tong, Weng Io Chan, Si Tong Che, Hoi Lam Chan, Hoi Lam Kuan, Chi Wa Si Tou, U Cheng Tam, I Tong Choi, Man Weng Ng, and Lok I Leong.

EAFF

NMI U15 Women's National Soccer Team player Aubrey White, right, tries to gain possession over a Macau player during their debut match in the EAFF Fifa Forward Programme EAFF U15 Women's Championship 2024 in Dalian, China last Saturday.

PSS

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For the Northern Marianas Sports Association, whose president Jerry Tan also signed they MOA, they helped with the seven national sports federations and provided 36 community coaches.

PSS Athletics Program director Nick Gross, in an interview after the ceremony, said that the successes of the program wouldn't have been possible without the partnerships with the federations, NMSA, and the support of PSS.

"I can't say enough about PSS, the key management, and [Education] Commissioner [Dr. Lawrence F. Camacho], and the support that they afford for the athletics program. They've been really great at helping figure out ways to creatively get through the difficult economic times to ensure that these programs are not on the chopping block," said Gross. "These are programs that we are going to fight tooth and nail to ensure that we're able to provide these programs to kids. The partnership with the federations is what makes it possible. They have the capacity and the human resources to ensure that we can rest easy knowing that the government body (NMSA) is making the call as far as assisting us."

SOCCER

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sions in proper attire (no slippers).

For more information, call the Northern Mariana Islands Football Association at (670) 235-0173 or email playsoccer@nmifa.com.

NMI National Team head coach Konomi Suzuki said that having this seminar here is a great opportunity.

"Considering the environment in the CNMI, we don't have so many opportunities to have some learning from outside of the country unless we go overseas," she said. "It will be beneficial to have a professional coach from Japan who has really excellent experiences. He has various kinds of coaching experiences from grassroots to the U15 Japanese national team. Therefore, regardless of the categories, a lot of coaches will be able to learn from him."

She added that she was coached by Takahiro when she was in junior high school with Japan National Women's Football Team captain Saki Kumagai. Konomi said of that time, "All of us in that team really enjoyed the time with him."

Brewers sweep Guardians with 2-0 win

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U15 Team settles for loss, draw in EAFF Champs

By LEIGH GASES
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REPORTER

The NMI U15 Women's National Soccer Team settled for a loss and a draw in their first two games of the EAFF Fifa Forward Programme EAFF U15 Women's Championship 2024 in Dalian, China.

Last Friday, the NMI team made their debut in the tourney against Macau and came up short, 1-2.

Both teams were equally matched in the first half as they tried to control the majority of the possession. Then, Macau broke the ice first in the 17th minute from a goal by Hio Cheng Tou to put them up, 1-0.

Macau's early goal led to a gain of confidence in their plays which led to short falls by the NMI. However, the NMI's Aubrey White knotted the match up in the 35th minute for a 1-1 game.

It was then a race to score the tie-breaking goal and to keep the lead as both teams scrambled for the upper

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EAFF

NMI U15 Women's National Soccer Team player Rhodalyn Palumar, right, goes up against a player from Mongolia during their match in the EAFF Fifa Forward Programme EAFF U15 Women's Championship 2024 in Dalian, China last Friday.

Soccer coaching seminar on Aug. 30 and 31

CONTRIBUTED PHOTO

Japan's U17 national team coach Takahiro Suzuki is hosting a two-day soccer coaching seminar on Friday, Aug. 30, and Saturday, Aug. 31.

By LEIGH GASES
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REPORTER

A two-day soccer coaching seminar with Japan's U17 national team coach—Takahiro Suzuki—is set for Friday, Aug. 30, and Saturday, Aug. 31.

Friday's seminar is from 6:30pm to 8:30pm at the Oleai Sports Complex, while Saturday has two sessions. The morning session is from 9am to 11am at the NMI Soccer Training Center in Koblerville, while the afternoon 1:30pm to 3:30pm session is at the Oleai Sports Complex.

Suzuki, along with being Japan's U17 national team coach, is also a U14 Elite Program coach, and Japan Football Association's Regional Youth Development chief in Hokkaido.

The seminars will feature World Frontline Football-Japan Way presentation, practical session, training planning, and youth development.

It is open and free to all interested coaches.

Register through this link https://forms.gle/2Ba8oJ3qB6PP7xaq6 or scan the QR code.

Participants must attend ses-

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PSS Athletics Program recaps stats of SY 2023-2024

By LEIGH GASES
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REPORTER

The Public School System Athletics Program compiled and presented statistics of their programs from the previous school year 2023-2024 during the signing ceremony of the memorandum of agreement for the new school year with its seven national sports federation partners at the Gilbert C. Ada Gymnasium conference room last Friday.

The highest participation of any sport last school year was volleyball—which was in partnership with the Northern Mariana Islands Volleyball Association—and had 411 games played. There were 104 teams and 1,029 students that participated. It encompassed elementary co-ed, middle school girls and boys, and high school girls and boys divisions.

The second most popular sport in terms of participation was basketball in partnership with the Northern Mariana Islands Basketball Federation, which was in its fifth season. There were 261 games played, with over 67 teams that joined, and 824 students that participated. The divisions were elementary co-ed, middle school girls and boys, and high school girls and boys.

LEIGH GASES

From right, PSS Athletics Program director Nick Gross, PSS Office of Student and Support Services acting senior director Brandon Nicholas, and Education Commissioner Dr. Lawrence E. Camacho during the school year 2024-2025 memorandum of agreement signing ceremony with seven of CNMI's national sports federations last Friday at the Gilbert C. Ada Gymnasium.

For athletics, in partnership with the Northern Marianas Athletics, they had cross country and athletics (track and field). Cross country had five events with 26 participating schools and 528 students served. In athletics, they had 16 events, 28 participating schools, and served 728 students. The divisions were also elementary girls and boys, middle school girls and boys, and high school girls and boys

Soccer, in partnership with the Northern Mariana Islands Football Association, was played in the elementary co-ed, middle school girls and boys, and high school girls and boys divisions. There were 118 matches played, with 46 teams that participated, and 652 students served.

In badminton, going on its third season with the Northern Marianas Badminton Association, there were 290 matches played, with 24 teams and 198 students that participated in the middle school co-ed and high school co-ed divisions.

In the sport that made a comeback last school year—softball—in partnership with the NMI Softball Association, there were 111 games played, 35 teams that participated, and 198 students served. They played in the middle school girls and boys and high school girls and boys division.

In the growing sport of *va'a* (paddling), in partnership with the Northern Marianas National Paddle Sport Federation, they had five events in the high school level with six participating teams, and 79 students served. It was played only in the high school girls and boys division.

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